

**The
Threehoods of
Womans Life.**



**Girlhood
Womanhood
Motherhood**



by
James McGill. M.D.

THE
THREE HOODS
OF
WOMAN'S LIFE

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PREFACE.

For many years I have been requested by my patients and friends from all parts of the country, to issue a work on womanhood, more especially that the daughters, wives and mothers might be made more familiar with the science of female life in all its branches, Anatomy and Physiology, of their physical structure, their diseases and domestic remedies.

It is purely a work for women. Beginning with Girlhood, the great stepping stone of her future life, each subject is presented in a thorough and careful manner, that knowledge and understanding may be derived, and not to offend or disturb the sensitive nature of any person.

I have made every effort to express myself in plain language, so as to be readily understood, and have avoided the use of technical terms and medical words as far as possible.

The plates herein are sketches from my own pen, and describe minutely the true conditions in health and disease. They are not imaginary ideas produced by an artist, but conditions I have met with repeatedly in active practice.

I have written this work during a very busy career, and the information it contains has been derived from years of study, observation, and practical experience.

THE AUTHOR.

Chicago, September, 1899.

TO THE
WIVES, MOTHERS AND DAUGHTERS
OF OUR NATION

THIS WORK IS SPECIALLY DEDICATED
BY THE AUTHOR.

CHICAGO, SEPTEMBER, 1899.



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CHAPTER I.

GIRLHOOD.

I am learning how to sew and cook,
As every girl should do;
To broil and ruffle, fry and tuck,
Hem and fell and stew.

—F. V. T.

As the highest pinnacle of perfection, as nature's grandest mystery, as the bond of union between the past, present, and future, woman, through her untiring devotion, intelligence and moral influence, has risen to the exalted position of the "greatest of all creation." She has often been the subject of unkind criticisms by the unappreciative, yet at no time in life are we free from her influence, and her intuition has often proven the guiding star of man's grandest accomplishments.

In youth the foundation of her character is laid, and she reaps the results in middle and old age. It is of the greatest importance that the mother thoroughly understand how to bring up her daughters. If she is well born, she will be well

bred, and her education should be liberal and properly attended to, for there is nothing that excites so much admiration all over the world as a beautiful, healthy, and graceful girl.

There are few people who do not feel the charm of a fair face. It is difficult to analyze this charm. It does not often consist in perfection of form or feature, attractive though these may be. That beauty which attracts us more than any outward grace is that which reflects a placid, beautiful spirit within—a spirit which dwells above all petty vexations and small worries in an atmosphere of spiritual peace. Sometimes these fair faces look out from beneath brows furrowed with care. Sometimes such faces belong to dull, plodding, middle age; sometimes to youth. The message such beauty brings to us is the same. These faces are a benediction in a weary world full of trouble, though also equally full of blessings if we look for them. Wise people soon learn that life is what we make it. It is inevitable that we shall be made responsible for our follies as well as our wrong-doings. If we accept the various disappointments, vexations and mortifications in a cheerful spirit, as lessons in life, we will not be

overcome by them, and this is the first step toward conquering them and rising above our troubles. It is not the great griefs that overcome us and make us querulous and irritable. A great sorrow often lifts us to a higher plane of living and becomes a strong power to help us skyward. It is the petty griefs and vexing trifles that write wrinkles on the face, break down the temper and may make a young woman into a querulous scold. It is quite common to speak of an amiable person as a spiritless person of weak intellect. An ungovernable temper is, on the contrary, one of the marks of a weak intellect. A show of temper is one of the surest indications of a thoughtless person without proper self-respect. Notable exceptions to this rule only prove it.

If fretting writes ugly lines on the fair face, the indulgence in fits of anger flushes the brow, swells the blood vessels of the throat and disfigures the skin with what are known as anger patches. It should be known that any disturbance of the circulation disturbs the complexion. A state of brooding over imaginary ills makes the complexion yellow and sallow, and the eye lusterless. Bad temper breeds bad humors of the blood. It is easy to enumerate other evils in

plenty which exert their effort upon the face and destroy the natural beauty of line and color, and produce in its place an ugliness as loathsome as the toads and snakes that fell from the lips of the malicious-tempered girl of the fairy story.

Let all young women be warned that want of faith, want of love and interest in those around them, to whom they should minister, are more baneful to beauty than old age. Listlessness and selfishness will write ugly lines on the face as certainly as bad temper or fretfulness. A sweet temper and a kindly, helpful interest in those around her will make a plain girl fair and are the best and safest cosmetics anyone can employ.

The development of the girl begins between the ages of ten and twelve years; from this time on, her transition to womanhood is most rapid. Without the greatest care the fresh innocent girl may develop into an artificial woman, utterly inconsistent with a normal girlhood. Unless every effort is made, and a constant, watchful care is exercised, her bloom and beauty will be of an evanescent character.

A girl scarcely enters her teens in this age of the world, before society requires a change in her mode of living; in her dress, straps and but-

tons are given up for laces and strings, and increased length of skirts. The result is she is unable to take the proper amount of exercise, even if she were not taught that it would be unladylike to do so.

Her dress is, therefore, such that all the natural conditions of her body are interfered with, circulation is obstructed, and diseased conditions are engendered. At the period when a young girl's whole nerve force is needed for the proper development of her body, she is forced into school, and studies, many and hard, are thrust upon her, and her emotional nature is taxed severely. This arrests the general development of the system.

To enable a young girl to reach the highest state of physical development, she should pass the year before puberty, and two years after, free from exciting influences, and should be kept a child as long as possible, and made to associate with those of her own age, and younger, but never older.

Her dress and diet ought to be carefully looked after, and habits of regularity should be well established. Systematic exercise will develop every muscle in the body. Rope jumping, horse back

riding, rowing, fencing, swimming or skating, are all desirable accomplishments for a growing girl, if indulged within the bounds of prudence.

Intervals of rest should take place during the hours of school life. These ought to be spent, if possible, in the open air; higher branches of education should not be indulged in without first having attained perfect physical development.

The inestimable value of mental training is undeniable for girl or boy, man or woman. But mental training is not alone to be had at the college or university. It can be had more systematically there, perhaps, but not more effectively than anywhere else if the desire to learn and study is present in the heart. There is a mistaken idea present with many that we go to college to get a certain amount of information or a number of facts in our heads. The legitimate use of all colleges is mental discipline, in other words, the training of our faculties so that they will be of use to us as tools. The school, the college or the university is simply the beginning of our learning. It gives us not learning, but trains us how to learn in after years. For the life of a woman, like that of a man, begins after college has been left behind.

Now, mental discipline may be just as easily acquired at home as at college, provided a girl so wills. What developed the hundreds of thousands of women who never went to college, and who are today women of the very finest minds? Not one in five thousand girls in this country can or will ever go to college. That is possible only for the smallest minority. Yet the majority will not fail of the "highest living" because the opportunity of an academic training was withheld from them. Self development is far more lasting than mental training, because it calls for greater effort, and efforts, well directed, are of themselves the greatest means of development we have. What we find ourselves we remember better and longer than what is taught or told us.

Our girls should be so thoroughly disciplined before they begin school life that they will intuitively select refined companions. It is impossible to estimate the influence that improper associates will have upon the impressionable character of a young girl.

It is very important that each temperament be thoroughly understood and developed by the most thoughtful and considerate care, in order to fit each girl for her sphere in life, to prepare her

to become a proper ornament to society and to make her stable and self-reliant.

The proper kind of literature should be selected and carefully read; it would be greatly beneficial if all books were submitted to the parent or guardian, and, if possible, read with someone who possessed the ability to comment and criticise the essential points of interest. The reading should be varied—history, poetry and fiction should form part of the library of every young girl.

Music is one of the greatest aids in refining the character; its influence is always elevating, purifying, and soothing to the mind. All young girls should master in a degree some kind of musical instrument, selecting that which is most enjoyable and satisfactory to her taste.

This accomplishment will not only exert the most beneficial influence in molding character, but it renders any young girl attractive in the greatest degree among her own companions and friends, particularly so, if she selects an instrument that is not ordinarily played upon by young girls, such as the violin, cornet, zither, or harp.

A young girl who possesses a good education and has read enough to enable her to converse

well, will always be popular. Combine this with qualification, musical ability, a winsome manner, and good health, and you have a graceful and charming companion.

While a beautiful face is fair to look upon, it is not to be compared with a countenance of plainer cast which beams with intelligence and happiness. A girl is always born with a fair share of attractiveness and she should keep it; every one can remember the firm flesh, white and dimpled, which characterizes girlhood. This condition can always be retained in a greater or less degree by using proper precaution and care.

In the first place, no one can be beautiful nor very attractive without good health. To promote this or retain it, if already possessed, requires care, proper hours, proper food, and proper dress. The circulation must be on an established basis.

On rising in the morning the body should be thoroughly rubbed from head to foot with a coarse towel. This will bring the blood from the inside to the surface of the body and distribute it to the skin, which will remain clear and perfect under such treatment.

Then a pair of one and a half-pound dumb-

bells should be taken, one in each hand, and the following movements adopted for five minutes: Upwards from shoulder to arms length, five movements; downwards from armpits to full length of arm straight by the side; forward from front of shoulder straight out and back; backwards from arm length as far back as is possible to go. Each of these various movements should be taken five times and repeated until the five minutes are up. These movements will produce in time a wonderful development of the muscles of the arm, forearm, shoulders, neck and bust.

Then the limbs should be swung forward, backward and sideways the same number of times. This amount of exercise will keep up the circulation and flexibility of the joints of the upper and lower extremities.

The use of the dumb-bells in developing the neck, shoulders and bust cannot be estimated too highly; all forms of physical culture and calisthenics deserve the highest commendation. Everyone cannot avail herself of all forms of physical culture, but there are a number of different kinds of appliances, which can be fastened up in a girl's room, that will supply all the necessary amount of physical exercise required.

When retiring for the night the body should be thoroughly sponged in water and soap, and a rough crash towel freely used; the face alone should be bathed in very hot water, then wiped dry and a cold cream should be gently rubbed into the skin. A massage of the face will have the greatest effect upon the skin if kept up persistently. The face should always be rubbed upward with delicate movements around the eyes, completing the stroke by bringing the fingers down under the chin and finishing at the point of the chin.

The head should be allowed to drop slowly forward upon the chest, then backwards as far as possible. This should be repeated ten times; then gently incline the head to one side and quietly roll the head from right to left ten times; then repeat the same movement with the head inclined in the opposite direction. This exercise should be persevered in, and it will give the best of results in regard to flexibility and carriage of the head. It will also produce a beautiful neck and keep it in the best condition.

The hair should always be unbound at night, combed and brushed, then fastened up loosely for the night. It should be washed every two

weeks; applications vary. A raw egg broken upon the scalp and rubbed into the hair thoroughly will cleanse and soften the hair in a remarkable degree. The various forms of the finest tar soap are excellent in their effect upon the hair.

A young girl cannot be too careful about the condition of her hands. The nails should be kept well filed and cleaned; the cuticle should be pushed back from the nails with a soft towel; the nails should be rubbed with a buffer or piece of chamois, and a lemon kept on the dressing table is most excellent in its effect upon the nails.

The question of a marriageable age is debatable ground, but a girl would be in better condition to assume the responsibilities of wife and mother if she remains single till she attains the age of twenty-five years. Her mind is properly balanced, and she has had ample opportunity to enjoy her girlhood, the most delightful period of a woman's life. She will then look with appreciation and dignity upon the duties she is about to assume, and fill the most exalted position with credit to her husband and herself.

In this day and age of the world women are occupying many responsible positions of trust

and importance. The higher physical culture of women is attracting the attention of all latitude in regard to the exercise of woman's judgment concerning her own future life. Therefore, a woman or girl has the right to determine for herself what she requires in a husband; and to do all that is in her power to win such a man as shall render her a happy wife, and prove a worthy father for her children.

Attractions of face and form should not enter into the matter, but sterling worth, integrity, truth, generosity, gentleness, firmness, and honor, all contribute towards the making of a good man. While it is a very desirable thing to have enough of this world's goods to make life attractive and easy, still there are thousands of charming homes where the competence is a moderate one, where intelligence, love and close domestic affection take the place of wealth, a home where mutual affections and forbearance is the corner-stone. Such a home is one of the most charming places on the earth—a paradise below.

In order to make home attractive and to hold the affection of her husband, a girl should cultivate good health and a sound nervous system, so that when a wife she will have good muscles

and a clear brain, in order to participate with her husband in all the calls of duty and pleasure, not only without fatigue, but with a feeling of cheerful energy.

She needs strong arms that can cradle a healthy child, and toss it crowing in the air; a back that will not break under the ordinary burdens of household cares, and not become exhausted and weakened in consequence. If a girl could enter the married state under such conditions, marriage would become more exalted, and nearer the bond which the Almighty evidently intended to exist.

Couple these conditions with those of culture, refinement, education, and a girl would be a wife that would make glad the heart of her husband and would hold his allegiance. A woman should retain the charms of girlhood for a long portion of her life; unremitting care of herself should always be a first consideration. Care of her person, as we have mentioned before, will keep old age at bay, and will keep a woman a girl all the days of her life. Her children will delight in her and she will shine in the bosom of her family like a jewel of unsurpassed beauty.

To retain her youth and beauty, a close ob-

servation of the laws of nature is required. Youth, that cherished apparition once possessed by all, may be made to remain by us, far into the shadows of the eve of old age. Beauty may be hereditary or acquired. The plain and unassuming girl can, by care and patience, possess many of the qualities of a beautiful woman. What is more disappointing than to meet with a pretty face, coupled with slovenliness, awkwardness, and an uncouth gait? Many an awkward girl, through physical culture, has been converted into an unrecognizable, graceful and charming edition of her former self.

Growing girls should have every care and attention. They are such active and vigorous creatures they have no time for rest. A daily rest in a position so that the blood will circulate freely, (the arms and hands should never be extended over the head or made to support a book or other reading matter while in this position,) will go a long ways to prevent her from becoming round shouldered, flat chested, and ungainly. Every young girl should be made to rise half an hour earlier than her accustomed time, and devote this most valuable time of her life to the development of her physical being by calisthenics

and physical culture, the greatest producers of health for a growing girl.

Health gives self-reliance to its possessor, and thereby frees her from many temptations which beset the weak. A healthy girl can resist temptations which beset her path much more easily than one who is ill. Her vitality, a well balanced mind (which is always associated with a healthy body) is her sheet anchor, and it gives her the power to resist. Health and self-reliance are the sustainers of moral rectitude.

Cultivating a sweet disposition should be the highest pinnacle in every girl's ambition. A thin, delicate girl should never lose her temper. Nothing will make you angular, drawn, and pinched more than giving vent to anger and showing your temper. A thin, emaciated girl may become plump and round under the following regime: Existing upon a fat-producing diet, such as cereals, fresh fruit, vegetables, potatoes, beans, tomatoes, milk and cream, butter, fat beef, pork, mutton, soups containing rice, barley, tapioca and vegetables, light bread, puddings, jellies, custards, tea, cocoa and chocolate; avoid acids of every kind, and salted diet; plenty to drink during meal time is a great flesh producer.

For those that take on flesh too rapidly the following diet will be found of great value: Rare meats, no fat, eggs, fresh game and poultry, toast, stale bread made up in various dishes, vegetables, salads, pickles, olives, and acid diet, no cream, little milk, tea and coffee, lemonade, lime juice, and acid drinks. Long walks early in the day is a flesh reducer, and also a health producer and should be freely indulged in.

Many young ladies complain of thin and undeveloped arms. The arm can be rounded out and made muscular in one month, by the use of the one and a half pound dumb-bells, as spoken of in preceeding pages. Always practice physical culture standing before a mirror. You will not only remain at it the required time, but become more interested in it until it becomes a habit—the very object of your persistence.

There are many excellent publications on physical culture and calisthenics, which you can procure from your stationer. I have no preference, as they are all ably and well written and fully illustrated.

TREATMENT OF THE HAIR: In order to keep the hair in good condition it is absolutely necessary that it should be brushed with a clean brush,

and once every two weeks it should be given a good shampooing, so that every particle of dust may be removed from it.

The soft, fluffy look of the hair, and its beautiful gloss after having been shampooed, shows how grateful it is for the treatment given it. Experience, though sometimes a tiresome teacher, has taught me that the best way to cleanse the scalp and the hair is to use very hot water made "soapsudy" with tar soap; use a nail-brush, upon which the soap has been rubbed, to scrub the scalp thoroughly, and after every part of the scalp has been washed rinse the hair and head with baths of water, the first being the temperature of that used for washing the hair, and the last ordinarily cool, the baths between having been gradually graded. To get such a bath for the head it is only necessary to hold one's head over the basin and have the water from a small pitcher poured over it. Each bath necessitates the wringing out of the hair until it is quite free from soapsuds, and until the water is as clear as before it went over the head. When the hair is shampooed it is wise to put on a loose wrapper that cannot be injured either by water or soap. I do not advise the use of a fan in drying the

hair, as it has been found to give many women severe colds, nor do I recommend the loose Turkish toweling for rubbing the hair, since it is apt to leave fluffs of white cotton all through it; but for the first rubbing use a thick, hard Turkish towel, and after that rub the hair and the head with ordinary towels which have been made hot for this purpose. You will be surprised to see how quickly and comfortably the hair dries. Do not put the hair up until it is perfectly dry or it will remain damp for a long time and have a close, mouldy, and altogether undesirable smell about it. Use as few hairpins as you possibly can.

CARE OF THE HANDS: One of the best preparations that can possibly be used for chapped or roughened skin, one that will make it soft and white, and if used every night, will keep the hands free from irritation.

Bay Rum3 ounces

Glycerine1 ounce

Oil of Cajaput.....20 drops

Shake well and use as a lotion every night.

TO WHITEN THE SKIN: Take

Myrrh1 part

Honey4 parts

Yellow Wax1 part
 Rose Water6 parts

Heat rose water, honey and wax together by placing the dish containing them into another filled with hot water; add myrrh while mixture is still hot; place in a jar on dresser and use as a cold cream at night.

TO REMOVE FRECKLES:

Bi-chloride of Merc..... 4 grammes
 Sulphate of Zinc..... 8 grammes
 Camphorated Alcohol:... 10 grammes
 Distilled Water300 grammes

Mix one part of this with three parts of water and apply with sponge. It will produce some smarting at first, but the freckles will disappear in a day or so.

COLD CREAM: A splendid article of this kind can readily be made as follows:

Oil of Sweet Almonds....50 grammes
 Spermaceti15 grammes
 Best White Wax.....Q. S. M.

Melt together nicely and use freely at night.

FOR WRINKLES, CROW FEET and SHRIVELING of the skin, the following will be found the best skin food that can be used:

Secure half a pound of mutton tallow at the market and try it out in a basin over a slow fire;

to this add equal amount of glycerine and sufficient of your favorite perfume ; stir it thoroughly and pour into jars for keeping ; use this freely on the face every night, and you will soon appreciate the result. There is no better skin food in use today. Always remember the fact that a little energy, and any one of these preparations will keep your hands and face in a fine condition.

FEVER SORES upon the mouth and lips are not cold sores, as supposed, but the result of a congested stomach. Take a mild cathartic at once and use powdered alum freely and they will go away rapidly. It is also a good plan to prick them and let the fluid out, as they heal up far more rapidly and leave no unpleasant blemishes.

CHAPTER II.

WOMANHOOD.

Amid the maze of manifold theories and ideas for human betterment, it has been growing upon us that the answer to the future problems of the race lies in the conditions and surroundings of woman, making her who is already the center of love, the key to the closed gates of our highest progress, the heart and soul of our hope of the world's greatest achievements.

Her pre-eminence and value as an individual must be estimated from personal standpoints, and must result in a variety of conclusions, but her greatest value to the world and the crowning glory of her existence must ever be in the capacity of a mother; otherwise nations would cease and their glories fade away. Her beauty may enslave the senses, her subtile intuitions may guide the minds of the wisest men, yet if all these gifts perish with her material body, of what value has her existence been to her race or to her nation?

The work of perfecting the human race was delegated to her. Her obligations of maternity were made eternal and her soul is filled with insatiate longings for something higher and better, so that through these aspirations she should be led and lead man onward and upward to their joint heritage—immortality.

Womanhood means the embodiment of all those grand and noble virtues—patience, forbearance, candor, self-sacrifice and unselfishness. She needs no eulogy to emphasize her importance, which rests in the balance of life, liberty and the pursuit of happiness for herself and those around her, for to all of these she is indispensable. She is the flower of the tree of life, holding in her mysterious life-giving power the fate of the future of this world.

Woman's heart is a great, wonderful and tender possibility. You will find the woman with the narrow heart and soul, who cares only for her little circle, that is not touched with the sympathy of a sorrowing world, has little feeling for her fellow beings, but when her heart comes in touch with divine love, and when this inspiration comes into her soul, and when the sorrow, darkness, and evil of the world are pointed out to

her, and the narrow limit of her selfish interests has been extended, she may come to see the need of leaving her narrow life to develop the great, strong character, that she may be able to take upon herself some of the burdens of others; and each burden she seeks to carry will make her stronger, her influence will strengthen and bless other hearts, and the world will be made better by her existence.

When she makes that homeward march with feet that never falter, with hands outstretched to help the weaker and defeated, "who are often the majority on every moral battlefield," with a gentle and gracious mien that bids the disheartened struggler to come up higher, she does it with a touch of tenderness, a word of pity and a heart of grace, she is the warrior that should wear the poet's crown.

When her arm is trained by careful education of the mind, and all the culture of a beautiful home, it is easy to say, "the arm that rocks the cradle rules the world," but when that arm has been roughened by toil, and the mind constantly on the alert for the maintenance of others, and the cradle a broken chair, it is no easy task to realize the power of the mother behind it, or the

result of the brain reared in such conditions. The immortal Lincoln said: "All that I am, and all that I can hope to be, I owe to my mother," and that mother lived in a cabin and was a woman of severest toil.

It is universally admitted that woman's influence has been a mighty factor for good in all ages, and therefore incalculable benefit may be expected from the study of home problems, which can be solved by woman alone.

This is a time known pre-eminently in the history of the world as "Woman's Era." Much has been said and written in these latter days about woman's higher education and her extended opportunities; we have abundance of good literature, and when a mother in her own home applies what she may learn from these books, reverently, studying the three-fold nature of her surroundings, she will acquire the truest, finest culture the world can offer, and then knowledge will be added to love, mother-patience and gentleness, attributes that transcend all learning.

It is because most women have not had the knowledge and training which would enable them to evolve the beautiful possibilities of home life that they have in many instances found that sphere narrow and monotonous.

Now that reform is being effected in the domestic department of home by the establishment of schools where servants can be trained, and by lifting household work from the realm of drudgery to that of science, there is a fair prospect of more bodily rest for women, more time for study and recreation, helpful to both mind and body.

The higher branches of learning are well enough for the girl or woman who has the inclination or time for them, but they should be secondary in her education to the knowledge which shall fit her for motherhood. True, she may never marry, but, as one of the sex of which the care and education of childhood must rest, she should know how, with head, heart, and hand, to serve the cause of helpless infancy in any emergency, and the moment the crown of motherhood is placed upon the brow of womanhood she is granted a new inheritance, doubly interested in the welfare of home and well being of society.

The destiny of the nations lies in the hands of the mothers. We must cultivate women, who are the real educators of the human race. If we do not do this the coming generations will be unable to accomplish the tasks put upon them.

The proper training of the minds of little children, which is placed in her charge, to correctly understand this, it is required of her the most earnest endeavor, the highest culture, the most complete self-reliance; that as well as mother, she at times must assume the roll of physician, minister, philosopher, artist and teacher; she is repaid by being granted an insight into history, literature, art, and above all, human nature, an insight which no other culture can bestow. Each of these realms must be understood to correctly understand the position of motherhood, and not for the glory it may produce. The crown of womanhood is motherhood, and the glory and pride and hope of a nation all concentrate in its mothers.

Man's mission on earth is the subjection, domination, and utilization of the forces of nature for the benefit of mankind, and governments are formed for the more successful accomplishment of this mission. On the earth there never will be any creature higher than man, but he may become a higher type. The earth, more highly developed by man's energy and scientific research, will need a more perfect man to dominate it. Higher and more complex conditions will re-

quire higher adaptability to meet those conditions, and it is woman's mission to develop this higher adaptability in man.

As civilization advanced she employed her time in making ornaments for the adornment of man, who was at that era the ornamental part of creation. After she had originated a way to do these things, man gallantly assumed the labor, and ended by making her the ornamental part of creation. Both having thus served as ornaments until developed into higher utility, now another advance becomes necessary, and again she must take the first step. Now she must devise a way to invest him with the mental and moral adornments of a nobler manhood, thus repeating on a higher plane the history of primitive experience.

These general principles apply to all mankind, but our special solicitude is in regard to the higher development of our own people.

Herbert Spencer says that "Americans may reasonably look forward to a time when they will have produced a civilization grander than any the world has ever known," and all the significant portents point to America as the field of the activities of the next century of progress, and to the Anglo-Saxon as the dominant spirit of that

progress. This high destiny involves the responsibility of preparing for its fulfillment.

Progress means higher conditions, more complex problems associated with diverse humanity, and to meet those higher conditions and to solve those more intricate problems will necessitate a higher caliber in man. Hence we may well ask, is American manhood in the highest possible state of development? Are we, as a people, already endowed with adaptability to meet all future development, or is there a higher state to which we may attain and which we may stimulate other races to attain?

It is especially true of Americans that they demand the best of everything, and shall they not themselves become the highest types of men and women? Have we attained the limit of physical, mental and moral perfection? The blind, the dumb, the deformed, the undersized, the uneducated, the imbecile, the drunkard, the thief, the murderer, the diseased, the sinful, and the suffering, all forbid us to harbor such a thought.

How, then, may a higher condition of humanity be reached? How may American men and women be prepared for the high destiny of the

future? These are momentous questions, whose perfect accomplishment is yet far off, but still possible, and, like all great achievements, must begin with an effort.

The necessary effort on this line should be the cultivation by women of a scientific motherhood, which shall in time correct the errors of the past and redeem the future by penetrating the mysteries of heredity and learning to control its possibilities. The scientist and the learned physician know something of these hidden mysteries, but their knowledge avails but little to the human race so long as woman, the laboratory in which the wonders and errors of heredity are brought to form, remains herself in ignorance of her power to assist in controlling it.

It is claimed that education and culture will accomplish much of this, but we wait in vain for the realization of this claim. Has culture eradicated drunkenness among the cultured? Alas, its thrall still darkens the brains of many most cultured men. Has education eliminated dishonesty? The educated and cultured defaulter from the best social circles and the common thief by contrast prove that culture only teaches dishonesty better methods and larger results. Has culture eradi-

cated hereditary diseases, or remedied physical defects, or corrected mental weakness which pass from one generation to another? Does culture overcome the love of self and the greed for gold? No; for just as higher culture demands more costly gratifications, which only gold can supply, so this higher necessity intensifies the thirst for money which removes from the fortunate the temptations which beset and destroy the less cultured.

Evidences of cultured dishonesty, of educated depravity abound, and we are forced to admit that culture cannot accomplish these desired results, and we must look elsewhere for help. We turn hopefully to woman as the key to the sad situation, for universal scientific motherhood, though difficult of attainment, is luminous with possibilities for the uplifting of the human race.

CHAPTER III.

ENGAGEMENT.

Granting that the proper definition for engagement is an obligation, an engagement by contract, many young people enter upon it without proper precaution or due consideration as to its results, and many of the gravest questions of life are settled without experience or judgment. But the mass of young people, beyond any question of doubt, desire to enter this estate worthily, and in a right minded manner.

Without former experience, the young mind must assert its rights, and it is truly wonderful, even in inexperience, how well the mind and heart are understood.

To determine whether the first love awakened in the heart is truly friendship, a migratory feeling, or a love that will perish, is one of life's greatest problems; it is a subject that must be carefully weighed by deliberation, thought, and study, for it is one point in human life where the result of the decision will surely be a future

of happiness, love, and prosperity, or its opposite misery, discontent and poverty.

Love is often created by an attachment for each other through long continued friendship, or as companions, when there is a sudden revelation of the true conditions, "That to exist without each other is a physical impossibility," which of course does not include love at first sight, which we sometimes hear about.

The brightest prospects and happiest engagement in the world has its attending fears; lovers' quarrels often arise over trivial matters, and the more mature the mind, the more liable to occur, as they see more clearly what may be the outcome and are not blinded by "love's young dream." They realize that love is not the only adjuster of all difficulties.

There are grave events in married life in which affection will be put to the severest strain; here, judgment, thought and leniency must prevail in order to keep the equilibrium of happiness and home complete. There is a constant secret dread, with some people, that as cares increase, the romance may depart and the future may develop unpleasant circumstances; all such questions have their time and they are not misfor-

tunes, for the endeavor to solve these problems draws these two natures closer together, and they thereby become more fitted for life's great questions.

Married life has often been shorn of its romance by the fact that courtship and engagement were built upon no other basis. A reserve fund of natural endowment is one of the greatest maintainers of romance that any girl can possibly possess. There is no other condition of life so serious, and yet looked upon so carelessly; and mothers are, in a measure, greatly to blame for considerable of the unhappiness of their daughters as married women. The daughter is allowed to become engaged to a worthy young man, who undoubtedly has taken great care in fitting himself for the battles of life. He has placed upon his strong right arm the shield of physical manhood, capable of combatting any of life's emergencies; upon his shoulder, the armor of ambition, self-reliance, and energy; and upon his brow, the helmet of knowledge and understanding, presenting himself to the world as a true knight of old.

How about the daughter? What has she done to fit herself for the worthy companion of such

a man? And her ambition will allow her to marry none other. Her education has been strictly attended to, both literary, music and art; she is a capable and accomplished girl; yet, after she is married there are other things of far more importance. What does she know of home and surroundings? The only home she ever knew and was never allowed to manage, was under her father's roof; yet it is expected of her to assume the dignity of a housewife on short notice (and very short in some instances, where the eloping couple is not overtaken by pater familias). This is unfair; she should have been fitted for the position, so that when she steps into her own home she will be just as interesting to her husband in the position of housewife as she was as his sweetheart. If she receives as much knowledge in this branch which she really ought to know, as she has in others that she will seldom ever use, her mother has certainly performed her duty, and her future rests with herself.

Her husband has properly fitted himself in every way to fulfill his part of the contract. Is it business-like and fair for her to assume partnership without the proper training? Mothers

should study this part of their daughters' education most carefully, and every young lady that enters upon the sea of matrimony without a thorough knowledge of the art of housekeeping, the duties of a housewife and all the requirements of the kitchen, as well as the drawing room, will soon get into deep water and a troubled sea.

There is no preservative of love and romance that can equal a cheerful home, good cooking and tidy housekeeping, and with the opportunities which present themselves in these days of cooking schools, literature and home experience, there is no possible excuse for her inability to cater to her husband's appetite as well as his mind and his heart, for are we not told that the surest way to reach a man's heart is through his stomach? And possessing servants will not alter your position. It makes it doubly necessary that you understand all the requirements of housekeeping.

The engaged girl should not make her life a period of waiting, nor a romantic dream, but she should fill it with happy and practical preparation for the position she is about to assume. Her heart having been given, her faith goes with it. She should not demand of her lover his exclusive attention, because in after life it may prove a dis-

turbing element, when cares and business perplexities arise; she neither tires nor bores him, but rather inspires him, because her possessions of the knowledge of her duties under such conditions are unbounded.

What men like most in girls depends a great deal upon the man. There is one thing certain, however, a man who amounts to anything, does not care for a girl that lacks force. The average man expects to find strength and force of character in every woman. He may enjoy the society of a woman of courtesy, refinement and polish, but his respect and love may only be gained and held by a girl possessing such qualifications of character. As for herself, she can forgive almost anything in a man but deceit, weakness and cowardice. These she refuses to overlook, and rightly so, too.

Before passing on to the subject of marriage a few axioms for those who "conclude to marry" might be in order.

If you are a woman, and you conclude to marry, you must make up your mind to several things.

In the first place, you don't want to tell any of your friends that you will never obey a man,

because it may be for your best interest that you obey the man you marry. And nobody, to use a homely expression, wants to "cut off his nose to spite his face."

Don't go to standing on your dignity with your husband, for it doesn't pay. Your husband is a man, and men have many and varied peculiarities which are totally incomprehensible to women. Do not try to understand them, for you cannot, and that is all there is about it.

The average man expects a good deal of his wife. He wants her to stay at home when he is out. He doesn't know why; neither does she, but it is so. He wants her to be there when he comes home. It doesn't seem right if she is not.

He doesn't want to be asked his reasons for everything he does. Nine times out of ten he doesn't know what they are himself.

He doesn't want to be expected to make love all the time, as he did before he was married. The man who has labored through a year's courtship with all its exacting love-making and devotion, is tired, and he wants time to recruit. It is not to be expected that he will bring flowers and bonbons every time he returns from the office, or that he will want to sit out on the piazza

gazing at the moon, or that he will invest in chocolates and ice cream every time he passes with his wife along the thoroughfare where the ice cream parlors hang out their seductive signs.

You must make up your mind that you will have to find his things for him when he is in a hurry to go somewhere, and that you must pick up after him when he is gone, and straighten out the ruin and devastation he has made. It is no use to scold him for leaving his shoes on the piano and his old hat in the basket of clean clothes. He cannot understand the matter at all, from your point of view. He believes that a man's house is his castle, where he is at liberty to do just as he likes, and where he should not be held responsible to anybody. And you cannot make him see it any differently, because he's a man.

So you had better go right on picking up after him, just as your mother did after your father, and just as your grandmother did after your respected grandfather. And it greatly simplifies matters if you do it quietly and uncomplainingly.

A man may have the capabilities of a hero in his composition, but he'll never be able to remember to shut the bureau drawer, and not to

bang the outside door when you are down with one of "your headaches."

He may be as wise as Solomon, but he'll spill his coffee over the clean tablecloth, and wonder why you look so black about it; and he can't for the life of him control his temper when the collar band of his shirt pinches his neck and makes his collar "ride up."

He loves the baby, and will work for it all day cheerfully, but if it cries nights, he is out of all patience, and holds you responsible.

If you are going to be married, make up your mind that you will be patient through the first two or three years while you are getting used to each other. This is the crucial period in married life, and if it is passed in safety, it is generally fairly plain sailing afterward.

No one ever realizes her most brilliant expectations of happiness. You will never be quite so happy as you expected to be, but you must not grieve over that. Take the goods the gods provide and be thankful.

Don't think your husband has ceased to love you if he should go to the office sometimes without any little sentimental scene in the hall, such as you always had on occasions of parting in your

courtship days. A man cannot live up to this sort of thing very long. It is too much of a strain on his memory.

Don't try to ape your rich neighbors, and nag your husband for the money he cannot afford to give you. Have the courage and independence to accept your life as you find it, and make the most of it.

If your husband earns a good living, do not go from home to earn some money for yourself. The man is the natural provider for his family, and it is better that he should remain so. He will respect himself more and you will respect him more. Keep the house, make home pleasant, and do the best you can with the means at your command. "A penny saved is as good as a penny earned," and the careful housewife can save many a penny if she gives her mind to it.

Make up your mind to be gentle, and loving, and forgiving, and, above all, have charity for your husband's shortcomings, and try to believe that he does the very best he can—for a man.

CHAPTER IV.

MARRIAGE.

As marriage is the maker of homes, its duties and responsibilities should be understood before it is entered upon; a mistake made here may run through every avenue of life and cast a shadow over all future years.

In education we may become well posted in ancient lore and modern learning, able to trace the paths of worlds that roll in light and power on high. We may be able to tell the story of departed nations or conquered chieftains, who have added pages to the world's history, but our education is morally deficient if we remain in ignorance of the true happiness of marriage.

When a woman marries she helps to lay the foundation of a new destiny and a new world, and she should be careful in choosing her building mate. Is it not worse than madness for a woman to trust her future welfare and happiness of her home in the unsteady hands of a man who by intemperance has lost his self control? Her

ship of fate is cast adrift at midnight on a moonless sea without a rudder, a compass or a guide.

We have learned woman's moral obligation to herself, and now let us speak briefly of her duty to her husband, a duty as sacred as the solemn vows at the altar can make it—"to have and to hold, to love and to honor." This must mean to retain by every art and power the love and admiration of her mate, thereby promoting that union of souls which marriage implies, and insuring not only the happiness of the home and the mated pair, but to the well being of the little ones who may come to bless them.

One of the greatest requirements for marital happiness is good health. By a careful observation of surroundings, food, air, dress and exercise, there is no reason why we may not all enjoy that priceless blessing.

Possessing a good constitution in preference to being either young or handsome, a clear mind, a buoyant spirit, a bright eye, a merry laugh, she has an attractiveness of her own that will not only increase her own comfort and happiness, but that of all others around her, and it will be the prime factor in aiding her to fulfill her whole duty as a woman, wife, and mother.

When a woman gets married she takes upon herself a two-fold nature; one of sentiment, through which she is his loving, faithful companion, and mother of his children, and the economic relation through which she becomes his helpmate, his power behind the throne.

While marriage, in the first place, is seemingly a relation of sentiment, yet the happiness of the contracting parties will depend very largely upon other things than sentiment, such as honor, veracity, morality and the ability to provide. Love may be the crowning feature of married life, yet reality comes to every newly married couple in the way of surprise.

When marriage is first entered upon it seems to be the one thing that consummates all happiness, and there seems to be no need of any interference of surrounding or worldly affairs; but the ordinary things of life soon present themselves, duties that involve the attention of the husband, family cares that seem to absorb the wife's attention. Different ideas of the real complication of tastes, and many things come up that love's sweet dream never revealed. Then it is that the sterling qualities of manhood and womanhood are tested; patience, forbearance,

sincerity and unselfishness are the elements upon which depend the continuance of love and happiness of the married state, for love will surely die where there are no lovable traits cultivated, but where these things are given consideration and where both live for each other, doing the little things that each may enjoy the other's ideas of life and happiness. It is not the great things, wonderful achievements, grand accomplishments that perpetuate happiness; it's the little small things of life, a kind word, a smile, a little attention, a showing of interest in the daily life of the other that produces the high plane of purity, honesty and truthfulness wherein love will forever remain.

The old theory, "Marriage without love is like a pair of new shoes without soles," is a very broad way to put it, but is worthy of consideration. It seems to be a fact that upon one side marriage, in a sense, is a business contract, and demands the fulfillment of all the terms as specified and agreed upon.

Many a woman understands managing a husband better than she does the duties of her home, and many a man doubts the ability of his wife to handle their money wisely, because she

has never been compelled to earn a dollar; both are wrong. There can be no better system adopted by both than to do what is right by each other. This soon becomes a habit and the result cannot be estimated; they become comrades as well as husband and wife, they are friends as well as lovers, and they cannot be either friends or lovers when one is trying to manage the affairs of the other.

One of the greatest necessities for true happiness is frankness. Each should know the faults and virtues of the other, and understanding them there are no disclosures after marriage. To this cause alone may be attributed a great many unhappy marriages.

Nothing in this world so effectually raises a man to the highest standard of which his nature is capable, nor brings to the surface the very best that is in him, as the encouragement and stimulus of a good woman in his home. Behind every successful man is the influence of some good woman. We sometimes say that women know very little of business, and, judged from the business standards of men, this is technically true. The reason of this is simple enough, in that the one is by his very creation fitted for business

and then trained ; the other is not. But the most powerful, if silent, factor in the world of business today, nevertheless, is the influence of the woman. She it is who stands behind the man, infusing new hope, new courage, and pointing the way to a new beginning, and often by her instinct succeeding in settling important matters in a single moment where days of planning along business lines have brought only failure and deeper gloom. How often the women of this land have been the means of averting business disasters or the multiplying of failures with further complications, the world will never know. But there are men who know it.

It may sound smart to some ears to say that "a woman breaks a man," and alas! that it should be true in some cases. But it is also true that more often woman makes a man. We read and hear of the former, and sometimes, because of certain conditions or circumstances, we are inclined to exaggerate their number. But that is only because of the noise they make. Happy marriages are silent, and far outnumber the unhappy ones. Whenever we hear of an unhappy marriage we should always remember that there are thousands and thousands of happy unions of

which we never hear. Where love is kept alive in a home, unhappiness has a hard time getting a foothold, and as the good women in the world far exceed the others a young man stands a pretty good chance of getting one of the right kind—that is, if he can give, so far as any man can give, a pretty good equivalent for what he asks.

CHAPTER V.

MATERNITY.

One of the most fruitful causes of the popular indifference to this most important and sublime subject, "the science of creation," is the prevailing belief that the excellency or inferiority of offspring is the result of Divine Providence, which arbitrarily decrees that some children shall be perfect and others not. Of course, if this be the case, all scientific effort is useless, all investigation futile, all knowledge a burden, and we should bow to the inevitable; but we respectfully submit that such is not the case, and, moreover, charging such enormities to Divine Providence, "who doeth all things well," is a monstrous error, a blasphemy against the most high, and a cowardly shirking of the real responsibility.

Then, if there are known laws governing reproduction, just as divinely ordained and enforced as the laws of gravity, of space, and of motion, every man and woman, rich or poor, high or low, has a right to know them, for the truth belongs not to individuals, but to all humanity.

It is the right of every child to be well born, and if a child can be well born by simply following certain understood laws of nature, if the mental, moral, and physical condition of the child at birth is dependent upon this law, then the fathers and mothers of the present may profit by the solemn lesson taught by the past, and, being shown their responsibility as parents, may fulfill to the uttermost, so far as lies in their power, their obligation to the children and to the generation yet to come.

“The fact itself of causing the existence of a human being is one of the most responsible actions in the range of human life;” to undertake this responsibility, to bestow a life which may be a blessing or a curse, unless the being upon which it is bestowed shall have at least the ordinary chances of a desirable existence, is a crime against that life. To bring a child into the world without a prospect of being able to provide food or clothing for its body, instructions and training for its mind, is not only a crime against the unfortunate offspring, but a crime against humanity at large.

It is an incontrovertible fact that many men let no serious thoughts of their future as fathers

trouble them in making a selection of a mate. "Trifles light as air" influence their choice, a pretty face, a becoming gown, a winning smile, are sufficient to turn a man's fickle fancy from one to another, and, yielding to the impulse of the moment, a promise is given that makes or mars not only the lives of the plighted pair, who "lightly turn to thoughts of love," but decide that most momentous question of the future, the status of their progeny. And let us not rest until we have vindicated the claim of all children to a sound father, and a sound mother, to combat vile vices that bring about impaired vitality, and to put the relation of sexes and the production of children on a sound basis, to insist upon the rights of the unborn and unbegotten generations, an intelligent realization of the natural law of reproduction, a perfect purposed maternity.

CHAPTER VI.

MOTHERHOOD.

It is not strange that so few pause to consider, even in these days of busy and searching thought, that motherhood was the foundation of an institution even in the dark ages; that this institution of motherhood was, indeed, the first, the very oldest institution that ever existed among communities. It is not strange, for since the long forgotten time when motherhood was the acknowledged basis and center of every organization among men, since the days when it involved society and government and the law of reproduction, all of the more than five thousand years of written history have intervened; and throughout the countless pages of that written history when our conclusions are chiefly drawn, motherhood has been recorded as subordinate only to that of fatherhood.

Today, while we proclaim the honor due maternity, let us not forget the noble unmarried sister. Let us, while applauding mothers,

drop a word of praise for those worthy women whose lives are beautiful, whose hearts beat for humanity, whose hands are busy with the world's work—all honor and praise to the "old maids" who are true to their convictions; true to the virtue which scorns the material, unloved marriage; true to their own ideals, to the sanctity of wedlock, to posterity, and, in the highest and most sublime sense, true to themselves as women. Mothers may learn from some of them the boundless depths of maternal instinct, as evidenced in their work of love for the down-trodden, oppressed waifs of the human family, a love so broad, so high, so noble, that all children to them are their own.

Every woman must settle with her own conscience the question of fulfilling the obligations of maternity, but once conscious of the sublime task she has undertaken, she is bound by every mandate of honor, of love, and of duty, to go bravely, proudly forward, forgetting self and conforming not only her life, but her body and mind, towards the highest, noblest ideals, every thought, every purpose, every desire, being held conservant to the future well being of her family.

We know that under the natural law of reproduction the health and happiness of both mother and child are prompted by prudence, by right living and thinking just as surely as the ill humor, discontent, and sighs of the mother not only jeopardize her own health but counteract upon her offspring, indelibly marring its disposition for life.

Ignorance, and undeveloped motherhood, have been, and are a blight to the human race. An incompetent artist is merely a pathetic failure; a superficial woman lawyer simply is without clients; a trivial woman doctor may get a chance to kill one or two patients, but her career of harm will be brief; a shallow woman journalist will be crowded out by her ambitious brothers who are her competitors, but a superficial, shallow, incompetent, trivial mother has left a heritage to the world which can, and does, poison the stream of life as it flows on in a constantly enlarging circle of pain, or disease, or crime, or insanity.

If a brilliant girl—one who has fine poise, splendid endowments, great promise—it is she who should be developed to the full knowledge that, if she has done her best in all things, she

still lacks much of the wisdom, much of all the judgment, tenderness, and scope that shall enable her to be an ideal mother of ideal children, who shall be healthy in body and in mind, honest, earnest, and truth loving, a credit to her and her race ; but so long as Motherhood is kept ignorant, dependent, and subjected, just that long will heredity avenge the outrage upon her womanhood, upon her personality, and upon her individual right.

The race being reared today is not the same as the days of our dear old grandmothers. The tendencies towards ante-natal deformities of both mind and body were not so plentiful as they are today. In those days nature was the great instructor, and time the developer, but today it must all be done through education preceding the advent of children, a preparatory school, as it were, to better enable the mother to battle with the moral and social evils that beset the path of children of the present age.

It is the duty of every expectant mother to be well read, well informed upon these subjects. Good literature is abundant, the most able lecturers visit every community in these days, and one of the first things for a mother to realize

is what home should mean to her child, and while she is making for it the little garments and getting ready for its advent, the same as all loving mothers do, she should be making the right home atmosphere, the right thought atmosphere for him—a home of mind and spirit as well as for the body. She should see to it that the home life is made more harmonious every day, more united in the expectation and preparation for her child.

Many of the mothers of today estrange their children; they are too busy attending frivolous social affairs, or too dignified to romp with them, and they soon learn that to do these things is unpleasant to her, and half their life, as children, is lost to her when her whole life should be theirs in these tender moments. A mother's greatest need is to live with her child, not only for the sake of the child, but perhaps even more for her own sake, because she cannot live with children and be devoted to them without becoming like a child herself; and there is no way, actually no way, of becoming like a child except by living with it, and paying less attention to the worldly affairs of today. Mrs. Ballington Booth says the truest way you can help your children is to love the children of other people and become inspired by their affection.

Taking up the subject of scientific motherhood, it means more than a casual thought can grasp. It means a grander, nobler race ; it means the reformation of the drunkard, the redemption of the criminal, the obliteration of the asylums for the blind, deaf and dumb, and insane. It means the birth of brotherly love, the uplifting of mankind through true Christianity, and the control of hereditary weakness of mind and body. Woman should know her wonderful self, and realize the measure of her responsibility to the future, for it is through her the great alchemist will transmute the dross of the human animal called man into the pure gold of a nobler creature made indeed in His own image.

In this new day of earnest study, when we too are being shown "the kingdoms of the world and all the glory of them," the mother's kingdom, whose beauty and power have rarely been measured or displayed, is claiming its due attention and thought.

Science, education, art, social life, philanthropy and economics have each their kingdom and their rulers and their laws. Motherhood, that underlies and overshadows all, has been the most neglected of them all. It is time that they

who enter its sacred borders knew the greatness of their inheritance, the glory of its possibilities.

To know her child's real inward life, his inherited tendencies, tastes, habits, temperament, temptations, aspirations, as she knows the outward facts of his existence, is not only the mother's sacred privilege, but her high obligation to know herself in order that she may know her child. The measure of her self-knowledge is the measure of her sense of responsibility. If you doubt that statement, that mothers will accept responsibility and opportunities up to the limit of their knowledge, try to enlist women in hearty co-operation in noble work for humanity. You may find possible failure to appreciate either the wide extent, the profound importance, or the exalted possibilities of your plan. You may find lack of experience, no adequate apprehension of true conditions of need and supply, mistaken views as to methods of work, misguided, impulsive, and ill considered action ; but rarely, if ever, will you find resistance to sincere conviction or withdrawal from manifest right.

Yet history and observation and experience have taught mothers a few facts. They saw on every hand evil that threatened the nobility and

purity of their boys, and they have learned the fact that no government ever rouses itself to restrain an evil, to correct a wrong, or to restore a right until driven to do so by the demand of the people.

Another significant fact is this, that the people will never make an effective demand for reform along any line until the majorities can only be made apparent to the many by the investigation of truth and the dissemination of knowledge on the part of a few.

And another fact is that the few rarely, if ever, begin to investigate evils, or to disseminate truth concerning them, until they have grown to the proportions of gigantic wrongs.

When a national evil becomes a national disgrace, women speak of it as a burning shame. As down through the centuries one wrong after another has moved on into this catalogue of burning shames, there have always been found a few brave mothers to stand beside the men who are servants of their country and lovers of their kind and to light their torches in the burning, and to go forth bearing their light into the world.

So, when evils crept in that defiled and polluted religion, there were goodly mothers among

the promoters of the Reformation. So, when British tyranny threatened colonial liberty, there were mothers among the promoters of the Revolution. So, when illiteracy has seemed to blunt and paralyze the power of the people, mothers have stood among the fathers as evangelists of education. So, when the tide of intemperance rises till it sweeps across our thresholds and threatens the children in the cradles, mothers are first among the pioneers of protection. Over and over again in the course of our national existence has the same fact reappeared. We never grapple with beginnings. As a people, we never put forth our strength against the evils when they are small. Let them grow to be a nation young and strong, and, like David, we are not going to the brook for smooth stones for any but a giant worthy of our sling. Not a serpent that has ever stung us, corrupting our national life with its poisonous touch, but could have been crushed in its infancy even if men had thought it beneath their notice, by the lifting of the woman's heel.

And in that final clause we have the alphabet, from which may be spelled the story of our country's future weal. Let the present wrongs and

evils result as they may, let them grow to be even greater than they are, if each American mother can rear her boy to see the giants in all their hideousness, and to feel that he is to be the hero that is to help to overcome them one by one, if she can help him choose the smooth pebbles of truth that the current of swift running events will always supply, teach him to hold the sling of courage with steady hand, then we shall have a foundation that will make the mother's kingdom ever after sure.

Let the opinion that possibly a mother's temper, spirit, degree of cultivation of mind and manner, her thoughts, prayers, loves, may influence her child, give way to the conviction that they do, and must inevitably shape it for evil or for good, and we have given woman the strongest incentive to cultivate in her own character whatsoever things are true, and lovely, and of good report.

The childhood of the land is in the hands of the mothers. The father's own life is too absorbing to allow much training in principles or practice during the formative years. Multitudes of good men so trust the good women who are their wives, that they leave their boys almost entirely to their guidance until they are young men.

MENSTRUATION.

In giving the history of menstruation, it is more intended for those who are not familiar with its peculiarities; while many readers understand it thoroughly, there are those who do not, and it is for these I describe it in full

This condition is known under various names, but the one used here will be readily understood. The menstrual flow is the natural discharge of venous blood following the ripening of the ovum, which occurs about every twenty-eight days; it lasts from three to five days, nature requiring that period of time for the ovum to descend from the ovaries to the womb and its expulsion therefrom.

It usually begins about the fourteenth year of girlhood, otherwise termed puberty; in some instances earlier in life, but seldom later, unless the result of some morbid condition. Usually about the forty-fifth year of woman's life ovulation and menstruation cease, which terminates the fruitful period.

It should not be ushered in, or followed by any suffering, in the natural state; but the manner of living, or mode of dressing today makes

it necessary in many instances that considerable attention be given the recurrence, relaxation from household affairs, respite from duty in the school room and various kinds of indulgence. While it is really necessary to partake of exercise enough to increase the circulation, thereby assisting the flow, out-door exercise, freedom from care, and cheerful associations will dispel all morbid and despondent feelings which augment the nervous reaction.

The different derangements are known as painful menstruation, irregular menstruation and profuse menstruation; these conditions are fully described in the chapter on female diseases, giving their cause, effect and cure.

It is often the case in young girls who have just arrived at the age of puberty to have the flow preceded by a great deal of pain. In such cases, a steam or sitz bath will produce wonderful relief. Fill a large jar partly full of very hot water, sitting upon the jar and being covered with a blanket for fifteen minutes, then retiring for the night under heavy clothing, has often produced sound and refreshing sleep. Another means of relief is by soaking the feet in a basin of hot water, placing in the basin a teaspoonful

of mustard, and adding more hot water for about twenty minutes; this has in many cases produced relief.

In cases where the flow is scant and attended with pain and nervousness, Colocynth 6x, 20 drops in half glass of water and a teaspoonful every half hour, has resulted in a complete cure. This is a wonderful remedy in disturbed menstrual functions, due to wet feet and catching cold, and other causes.

ANATOMY AND PHYSIOLOGY OF THE REPRODUCTORY ORGANS OF WOMEN.

Professional experience has taught me that over two-thirds of the female population are not familiar with the anatomy of these organs, and it is for those that I have taken special pains to produce sketches that gave a correct description of these organs in a healthy condition; also the most prevalent diseased conditions, each one properly named, so that they may be readily understood. A careful study of this chapter will be of interest to every woman.

These organs consist of the OVARIES, BROAD LIGAMENTS, OR FALLOPIAN TUBES, WOMB, VA-

GINA AND MAMMARY GLANDS. See Plate I in Female Diseases.

THE OVARIES are oval shaped bodies of an elongated form, situated one on each side of the womb in the posterior part of the broad ligament behind the fallopian tubes. They are whitish in color and present an uneven surface. They are about an inch and a half in length, three-quarters of an inch in width and one third in thickness, and weigh about two drachms. Their location from the external surface may be determined by drawing a straight line across the top of the pelvic bones (hips) in front and four inches in from each side will be the point immediately over them.

It is within the ovary the *ovum* or *graafian vesicles* are located. These are the fructifying principles and creative power that result in maternity, the crowning glory of woman. The graafian vesicles are, during early development, small and deeply seated in the ovary. As they enlarge they approach the surface, and when mature form small projections on the surface of the ovary. They exist from ten to twenty in number, from minute particles to the size of a pinhead.

The formation, development and maturation of these vesicles continue from the period of puberty to the end of the fruitful period of woman's life. Before puberty the ovaries are small and the vesicles or ovum contained in them minute and small in number. At puberty the ovaries enlarge, are more vascular; the graafian vesicles are developed in greater abundance, and their ova capable of fecundation.

THE GRAAFIAN VESICLES, after gradually approaching the surface of the ovary, burst. The ovum and fluid contents of the vesicles pass into the exterior of the ovary; passing from thence into the fimbriated extremities of the fallopian tube, which grasp the matured or bursting vesicles.

THE FALLOPIAN TUBES, or broad ligaments, are the connecting parts between the ovaries and womb, which transmit the ovum. They are two in number, one on each side in the folds of the broad ligament; they are about four inches in length; the canal is very minute; they have their origin upon either side of the fundus of womb by a small orifice which continues small during the greater half of the tube; it then gradually widens into a trumpet shaped extremity,

the margin of which is surrounded by fringe like processes (fimbriated), which embraces the surface of the ovary.

THE WOMB is the origin of gestation, receiving the fecundated ovum, retaining and supporting it during development, and the principal agent in its expulsion during parturition. It is pear shaped, and situated in the pelvis between the bladder and rectum. It is held in position by the broad ligaments at either side and the round ligaments in front. The upper extended portion is called the fundus and the low apex terminates in a neck and os, or mouth. It is about three inches in length, two in width and one in thickness, and weighs from one to two ounces.

The body gradually narrows from the fundus to the cervix, which is the lower rounded and constricted portion of the womb. Around its circumference is attached the upper end of the vagina, which extends upwards a greater distance behind than in front. The vaginal extremity of the womb terminates in an aperture termed the os uteri or mouth of womb.

The cavity of the womb is small in comparison to the size of the organ. The upper portion is triangular in form. At each superior angle there

is a funnel shaped cornua, at the bottom of which is found the minute orifice of the fallopian tube. At the inferior (lower) angle is a small constricted opening which leads into the cavity of the cervix. The cavity of the cervix is cylindrical, broader in the center than at either extremity, and communicates below with the vagina. Its openings are three in number, two at the fundus into the oviaducts or tubes and one at the cervix, the ostium internum.

THE VAGINA is a membranous canal and extends from the surface of the body to os uteris or mouth of womb. It is from three to four inches in front, and attached to the cervix of womb about an inch from the os, while at the back it is from five to seven inches long and attached to the posterior of fundus, and in a healthy condition aids very materially in supporting the womb.

THE MAMMARY GLANDS are the accessory glands of the generative system which secrete the necessary nourishment for the child. They are hemispherical eminences, which before puberty are of small size, but enlarge as the generative organs become more completely developed.

The surface of the nipple is dark colored and

surrounded by an areola having a deep color. In the virgin the areola is of a delicate rosy hue. About the second month of impregnation it enlarges and acquires a dark brown or even black color. These changes in the color of the areola are of extreme importance in forming a professional conclusion in suspected pregnancy. The numerous sebaceous follicles surrounding the nipple secrete a peculiar fatty substance which serves as a protection to the surface of the nipple during the act of nursing.

These sketches show the natural position of the organs in a healthy subject, each organ giving its common name. They also show malpositions or displacements, such as anteversion, retroversion, prolapsus and complete procidentia, fibroid tumor of the womb, also of the ovary and uterine polypus, each of which will be promptly described under their respective heads, in the chapter on female weakness.

REPRODUCTION.

The most natural and essential object of marriage is the perpetuation of species. Every individual derives existence from a parent. The literal meaning of this word is one who brings

forth, by which living bodies produce other living bodies similar to themselves, the act of producing or renewing. The tidal wave of life surges higher on the shores of time, for reproduction is as constant and stable as the forces of attraction which are a result of natural law.

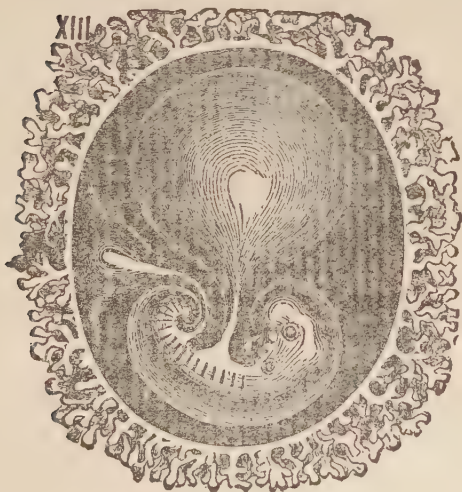
THE HUMAN OVUM, when expelled from the ovary, is taken up by the fimbriated extension of the fallopian tube and carried down the broad ligament to the womb. This occurs every twenty-eight days in a healthy subject. This transmission is caused by vibration or peristaltic action of the tubes, and it is during this period that fecundation takes place; should this fail the ovum loses its vitality, and is expelled through the uterine secretions.

THE DURATION OF PREGNANCY is nine months in health, but in diseased conditions it almost always varies. However, I submit an authentic table by which the correct date can be figured out to a day. Some authors claim 280 days, others 275.

The sex of the infant has considerable to do with it, almost always being prolonged in females, and in cases where it may be the third or fourth child. Duration is also longer in young

married women than those advanced in years. Life is generally felt about the middle of the fourth month ; in some cases not till fifth, but this is usually in elderly women.

The growth of the embryo is very rapid from tenth to fifteenth day, and about twenty-fifth day outlines of spinal column and heart may be observed. From thirtieth day to end of sixth week the development is very marked.



OBSTETRICAL TABLE.

Jan.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Jan.
Oct.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	Nov.
Feb.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				Feb.
Nov.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5				Dec.
March	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	March
Dec.	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	Jan.
April	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		April
Jan.	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4		Feb.
May	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	May
Feb.	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	1	2	3	4	5	6	7	March
June	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		June
March	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		April
July	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	July
April	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	May
Aug.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Aug.
May	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	June
Sept.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		Sept.
June	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	July
Oct.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Oct.
July	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6	7	Aug.
Nov.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		Nov.
Aug.	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5	6		Sept.
Dec.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Dec.
Sept.	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	1	2	3	4	5	6	7	Oct.



FIG. II.

FIG. I.

IN THE EIGHTH WEEK: oseous structure forms rapidly, vertebral column is clearly defined, the heart is growing, brain well formed, head shaping up, eyes and ears prominent, and limbs forming. From this to the fourth month the growth and development are truly wonderful.

FIG. II.

AT SIXTH MONTH the weight is usually one pound and length about twelve inches; hair and eyelashes and nails beginning to form.

FIG. III.

SEVENTH MONTH: Usual weight, two to three pounds; every part perfectly formed; bony system complete, and many have been known to live if born at this period, and develop into strong, healthy people. During the eighth month the weight is usually four to five pounds, all the bones perfectly formed, and at ninth month, the weight is seven to nine pounds; seldom less, and in many instances, ten to twelve pounds. There are no proofs on record that an eight months' child is not as healthy as a seven or nine months.

FIG. IV.

INDICATIONS OF PREGNANCY: There are two classes of indications, and it requires care and study to arrive at an intelligent conclusion, and I will give each one with its counterpart separate from the other.

1ST, CESSATION OF MENSES: This may ordinarily be accepted as a sign in married women, but at the same time can easily be confounded with suppression of menses as a result of catching cold, producing inflammation and congestion of womb and ovaries, chronic uterine diseases, morbid growths; in other cases, menstruation goes on at regular periods. This is a diseased condition and ought to be remedied, as it is always the indication of morbid growths.

FIG. V.

INCREASE IN SIZE is noted towards the latter part of second month, and quite marked in third month; thickening of waist, prominence of abdomen in region of umbilicus. This, however, may be dropsical, or due to indigestion, a bloated condition, or enlarged fibroid tumor.

QUICKENING: another prominent indication, and usually occurs about the fifth month; in



FIG. III.



FIG. IV.

some cases as early as beginning of fourth month. This, however, may be confounded with arterial circulation in a tumor, or in indigestion, the throbbing of the gastric or branches of the hepatic arteries.

MORNING SICKNESS: is considered a very favorable indication. True, there are other ailments that will produce this condition, but they are readily relieved, while that peculiar nausea experienced once, will never be forgotten, and no better evidence is desired.

FOETAL HEART BEAT: is purely a professional point of diagnosis and may be ascertained by auscultation. It is a point seldom understood and is only referred to as a diagnostic point, when it is necessary to determine whether impregnation has taken place or not.

DISCOLORATION OF THE AREOLA: around the nipple is one of the common diagnostic points, as it usually begins in second month to enlarge and turn a much darker hue; also the enlargement of the breasts, and secretion of fluid about the third month. Yet these are not altogether reliable indications, as there are diseased conditions that have a tendency to produce such changes.

FIG. VI.

DOUBLE CONCEPTION: this condition is claimed by some authorities to be the result of the graafian vesicles of both ovaries bursting at the same time and evolved simultaneously. This is not a rare thing; neither is triple conception in this country. There are cases on record, however, where one birth preceded another at intervals of several days to several weeks. These cases, however, are extremely rare.

AUTHOR'S REMARKS.

Before closing this subject I want to call the attention of every fortunate woman in this condition to a few valuable facts, relative to the conditions and changes of the human body under emotion.

ANGER: the evil and painful emotions created by this condition produce poisonous chemicals in the body, and while anger, fear, and sorrow produce different changes, each one radically distinct from the other, yet each one is poisonous, and lowers the tide of life and imparts not only unhealthy bodily conditions to the embryo, but mental emotions that will remain during its whole life; for at a



FIG. V.



FIG. VI.

given period the spinal cord begins to form, at another, the heart, the brain or liver, and if at the time when these organs are forming, the mother should cause a change in her blood, by these evil emotions, and cause poisonous products to exist therein, the child must naturally be fed by them, and thus impart to it emotions that it would not otherwise have. Upon the other hand, if these emotions are avoided and the good and sublime thoughts cultivated you will transmit the better characteristics to your child and impart to it a legacy better than position or gold, and bring into your own life the greatest joy and happiness.

CHAPTER IX.

DISEASES OF PREGNANCY.

The most common ailments during this state are nervousness, indigestion, and nervous-dyspepsia, headache, vomiting, heartburn and constipation.

INDIGESTION: the most prominent, owing to the effect upon the gastric nerve of the stomach. It is present in nearly all cases. The presence of morning sickness is a sure indication of its existence, and treatment should be taken at once, or it may be overcome by regulation of diet. Avoiding all fatty matter and starchy foods for a reasonable time, cereals (and every grocery store today is laden with them), fruit and vegetables, with occasional piece of rare steak for a few days, will control this condition nicely. An occasional glass of carbonated water will also be found of value.

MORNING SICKNESS: is not a necessity in pregnancy, as many suppose. It is a state bordering on biliousness, and it indicates a disturbance of

the functions of the digestive tract, superinduced by a gravid womb. Biliousness and all other ailments of the stomach and digestion of the lower order of animals are overcome by dieting (avoiding food), rest and quietness. Why not practice the same form of cure in the human family, instead of consulting your physician, then going home and partaking of a dinner of steak and fried onions, baking powder biscuits, and hot coffee. Far better take a cup of hot water on arising in the morning, eating freely of fruits, and drink acid drinks. Avoiding all solid food for a reasonable length of time will do more good in these cases than can possibly be imagined.

Treatment: give pulsatilla 6x, 20 drops in half glass of water every half hour, one teaspoonful to a dose, until relieved.

HEADACHE AND CONSTIPATION: are the result of a disordered stomach. The one predisposes the other, and by relieving the irritation of the gastric nerve of the stomach we overcome reflex action of the sympathetic nerves, and in this way control this form of peculiar headache. In constipation there are many things to be observed, as a *gravid womb* has a tendency towards pro-

ducing this condition. This is one of the peculiar ailments of the human family and one which if properly understood and given care and attention would overcome half of the sickness to which humanity is heir. As evidence, nearly all cases of inflammation of the bowels occur in cases where habitual constipation has existed, and nine out of every ten cases of appendicitis had its origin in a constipated condition, and the sooner we learn to control the action of the bowels, and take care of them, the sooner we will be able to overcome half the diseased conditions to which we are subject.

There can be no poison which the human system has to work so hard to throw off as that reabsorbed from residual matter of a constipated bowel. It is an ailment that is general in its attack, having no particular sphere of action. People in all walks of life are subject to it.

Treatment: whatever the cause may be, you will, upon careful thought over your mode of life, diet, and general habits, be able to arrive at a conclusion. Begin at once to make a radical change in these things; establish a regular time of the day for evacuation and make it a periodical law; and as the moving power of the universe

is established on this principle, it will not fail in due time to result in a full and satisfactory movement, and under no circumstances should anything be allowed to interfere with this rule when once established. Many people have sulphur mineral water on their dresser and take a glassful upon getting up, which invariably results in a call before being completely dressed. Many good waters can be obtained in the drug store.

Treatment: Podophyllin 6x, in powder form, a small powder given every two hours for one day; then give nux-vomica 6x, 20 drops in half glass of water, a teaspoonful every two hours for one day, and by this time the bowel will be pretty well relieved without producing any excitation.

SOUR STOMACH: is also an ailment that is very prevalent. It is a result of acidity of the stomach, and the diet should be confined to fruits, burned bread, toasts, cream toast, and cereals, whole wheat bread not less than a day old.

Treatment: Pulsatilla 30x, 20 drops in a half glass of water, a teaspoonful every hour until relieved. This has proven a sovereign remedy in stomach troubles.

Other ailments such as diarrhoea, cramps, neuralgia, insomnia, swelling of the limbs, pruritis and leucorrhoea are frequently present, but not

in all cases, and I will describe each with its usually successful system of treatment.

DIARRHOEA: this is not a common ailment, yet it is sometimes present. It may be the result of improper diet, or produced by emotion or nervousness. It may be easily overcome by a few doses of Iris 30x, 20 drops in half glass of water, teaspoonful every two hours. If there is great thirst and prostration, arsenicum 30x should be given same as above.

NEURALGIA: usually of a facial type, but may present itself in various parts of the upper extremities. It is nervous in character and may be overcome by hot applications. Massage, with rest and quietness will overcome it. Never use tonics, stimulants or opiates, as they have a tendency to produce other and more vital conditions.

Treatment: give cimicifuga 30x, 20 drops in half glass of water every two hours.

INSOMNIA: may be overcome nicely by bathing the limbs and feet in alcohol, by massage or friction. Changing rooms and surroundings of the bed have been known to bring rest and comfort.

Treatment: Coffea 30x, same as above.

SWELLING OF THE LIMBS: is produced by non-circulation. Massage with alcohol bath, keep

the bowels open with fruit diet, and this condition will pass away. This is also good advice in varicose veins. An occasional dose of Arsenicum 30x will be of great value.

LEUCORRHOEA: is a thin watery, or may be a muco-purulent discharge, and is often present in this condition. It is a symptom that there is inflammation and congestion present. This is fully described in diseases peculiar to women. Do not use astringent douches. They not only fail to relieve, but often aggravate. The cause should have treatment. Hot injections of water and castile soap have often produced temporary relief.

PRURITIS: itching of the genitalia. This has often proven very annoying and troublesome and most everything known as a local application has been used, with many failures. There is a preparation on the market, however, called Epiderm-ol, which I have found to be one of the most valuable applications in this distressing ailment. I believe it is prepared by the Epiderm-ol Co., Orange P. O., Mass. You will find it, no doubt, in any drug store, or the druggists will gladly order it for you. I have also found it equally good in excoriations of the surface and limbs produced by acid discharges.

CHAPTER X.

PAINLESS CHILDBIRTH.

CHILDBIRTH MADE EASY: This is a subject upon which a great many writers have produced theories; many of them are good, others of little or no value, as they were drawn from imagination and not from practical experience. That this event in human life should be attended with pain and suffering is entirely wrong, and that this condition is entered upon by many with fear and trembling ought not to be. It is also a fact that women of this country suffer more at this period than any other nation, at least statistics show that they do.

The pains of parturition undoubtedly, while they last, are the most severe that woman has to experience, termed by many "agony," and that there is no alleviation. If this be the case why does it fall to the lot of the rich and the educated and the refined, while in the poorer walks of life, the heathen, savage and the barbarian, it is looked upon with little disfavor and little or no thought is given to it.

The fact is this, while we find in the latter little or no education, refinement, style, or made-up beauty, the former by her mode of living induced by her education and refinement, is more susceptible to conditions which produce weakness, debility, and physical ailments, and in this condition unfitted for the period of maternity. Physical womanhood, muscularity, and healthy glowing flesh are not desired in these days. To be delicate and fragile, and finely drawn in appearance, seems more preferable, and it is by these that employment of the gyneologist and midwife is given and fill our homes with sufferers and invalids.

That these conditions can be avoided there is no question of doubt. What is required is the cultivation of natural common sense in not one direction, but in every particular, from the time that conception took place to the time of delivery.

In the first place plenty of fresh air must be enjoyed, exercise by walking every day, morning and evening in open air. Have every care in dressing ; no tight garments must be worn, not an ounce of clothing suspended from the hips ; wear common sense shoes, broad soles and low heels ; eat nutritious food, plenty of fruit, little fat or

starchy matter. A little rare steak contains more nourishment than you can possibly imagine. Take every care of your stomach and bowels during this period, and they will stand you in hand in your hour of suffering. I say hour because strict observance of these rules will insure anxiety of even less duration.

DIET: this subject is of great importance, for in many instances grave mistakes have been made. In olden times the diet consisted of such foods as were nourishing to the body and mind of the mother, every care and precaution being taken to prevent unpleasant symptoms of stomach and bowel trouble, because it was understood that the kind of nourishment absorbed either lessened or increased the severity. But in the present day and age things have changed wonderfully. It will be found that the expectant mothers, nine cases out of ten, today are living upon such diets as will be suitable for the nourishment and development of the child, thus augmenting the anguish, or agony, as they would be pleased to call it.

It is a well-known fact that a rich diet is a great developer of bone and muscle in the unborn child, which must necessarily result in in-

creased labor pains. Plain ordinary diet should only be partaken, surely; when in animal life there are only a few things to be eaten, that the period of gestation can be gone through with by the human family when there are hundreds of things to enjoy, instead of meats, pastry, starch, sugar and salt, the latter producing excessive thirst in this condition, which also increases development, particularly if drinking is allowed during meals.

Avoid all fancy dressings, salads, and condiments, as much as possible. Select your diet from cereals, grains, fruits, and vegetables, served in the various ways which are agreeable to your digestion, baked potatoes, cream potatoes, potato balls, and stewed potato, corn in its various forms, also corn meal in cakes, mush, bread, and pones, and muffins, rice in every form, apples, stewed, baked, broiled with cream and a little sugar, barley cereals in its different styles, fresh fruit of all kinds. As a fruit diet never fails to produce such conditions in the mother's health and in the development of the child as to make duration of labor short and comparatively easy, it should be used. Owing to the fact that the market is full of the various cereals manufactured

from barley, wheat and corn, oats, peas, and rye, it is an easy matter to live good, yet avoid those things which ought not to be taken during this period.

If the patient is so situated that it is impossible to get out every day, let the fresh air in as much as possible, and take light exercise every day by the various arm, foot, and body movements. This must be done if you expect an easy delivery. You need no other example than the laboring man's wife who smiles at the prospect of a baby every year, which is a direct answer to the oft put question, why do poor people have such large families? Simply because the vocation of the mother, "hard work and poor diet" makes parturition virtually a pleasure.

CHAPTER XI.

FOETAL CIRCULATION.

This is one of the most interesting things in nature, and one that very few people understand outside of the medical profession, and in a work of this kind it is not out of place, for many a mother's mind is filled with wonder during gestation, as to how embryonic life is sustained.

The arterial blood destined for the nutrition of the embryo is carried from the placenta to the embryo along the umbilical cord by the umbilical vein. Please note that arterial blood flows through the arteries, and venous blood through the veins, but here nature in its all-wise arrangement makes this wonderful change. The umbilical vein enters the abdomen of the embryo at the umbilicus and passes upwards to the under surface of the liver, where it divides into three branches, and reaches the heart through the Inferior Vena Cava, or large vein leading to the heart.

The blood is guided by the Eustachian Valve from the right auricle of the heart into the left auricle through the Foramen Ovale. From the

left auricle it is forced into the left Ventricle and thence to the Aorta, which is the largest artery in the human system, and the main trunk of the whole arterial system. Part of the blood also enters the aorta through the Ductus Venosus, a blood vessel peculiar to foetal circulation, becoming entirely obliterated after birth.

At birth, when respiration is established, and the placental circulation is cut off, the foramen ovale connecting the auricles of the heart closes; so also does the ductus arteriosus, "another foetal blood vessel." The umbilical vein and venous duct already spoken of become entirely obliterated, establishing a perfect and independent circulation. The placenta or afterbirth serves the double purpose of respiration and nutrition. It receives the venous blood or waste material from the foetus and re-oxygenates and charges it with additional nutritive material, and after making a complete circuit of the foetus returns to the placenta by the two umbilical arteries.

It will readily be seen by this description that the health of the child is entirely dependent upon the mother. The greater care she exercises during gestation regarding her health and habits will reward her in the future by being blessed by healthy and happy children.

CHAPTER XII.

STERILITY.

Of all the disappointments, sorrow, and anxiety that have befallen humanity, there cannot be anything more deplorable than to realize that conception is a physical impossibility. Comparing this condition with everything that is beautiful and lovely in woman which finds its climax in motherhood, it is truly an unfortunate situation.

There are many causes of barrenness. In many cases it is the result of congenital deformity, but usually we find the following conditions: Stenosis of the uterine canal, a closing or contracting of its walls, as a result of inflammatory action; another cause is inflammation of the mucous lining of the cervical canal, resulting in unhealthy granulations and often ulcerated conditions of the mouth of womb; another prominent cause is inflammation and congestion of the ovaries, which interferes with the development and descent of the ovum, and it becomes obliterated.

Chronic inflammation and congestion of the womb produces secretions that are acrid in char-

acter and poisonous, which destroys vitality, is another great cause ; also flexions, versions, and displacement will result in sterility.

Too frequent marital relations have brought about sterility in many cases, where, under professional advice, moderation has been observed, and impregnation has taken place.

Treatment: from general observation and practical experience in the treatment of sterility, I find that inflammation and congestion of the womb proves to be the predisposing cause, and unless some congenital deformity exists it can be radically cured in every instance. If through emaciation and depletion of the vital forces of the body, thereby impairing the functions of the reproductory organs, a careful observation of dietetics will build up the system very rapidly. And if plethora exists, the same rule should be observed, as dieting will always reduce flesh ; if the predisposing cause is removed, relief will positively follow. The treatment for inflammation and congestion of the womb is given in full under the heading, Diseases Peculiar to Women.

CHAPTER XIII.

MISCARRIAGE.

MISCARRIAGE is the death of an immature embryo and its expulsion from the womb. It is liable to take place during the last part of second month and whole of third month. If there is any tendency towards depletion of the forces during this particular period, every care and precaution should be observed, and once this period is safely passed there need be little or no worry during the rest of gestation.

Some authors divide the time as follows: During the first four months it is termed abortion; from the fourth to the seventh month it is termed miscarriage, and from the seventh to ninth month, premature delivery.

The serious conditions that are liable to follow are from *hæmorrhage* and *retained placenta*, the former not infrequently followed by coma and death, the latter producing septicaemia or blood poison and resulting fatally.

It is generally ushered in with chills, and alternating with febrile disturbance, cramps in the abdomen and lower limbs, increased heart action; this is followed by rupturing of the membranes

and blood vessels, which is attended with profuse haemorrhage and great pain.

CAUSES OF MISCARRIAGE are both predisposing and exciting; the predisposing causes are hereditary taint in the blood, which produces weakness, anaemia, plethoric conditions, diseased conditions of the womb, general debility, previous abortion and congenital deformity.

The exciting causes are accidents, mental emotion, nervous excitement, violent exercise, lifting, straining and criminal intent.

IN THREATENED MISCARRIAGE, the patient must be put in a recumbent position (hips elevated slightly) in bed at once, perfect rest and quietness must be observed and excitement of every kind avoided; no solid food taken while threatened.

TREATMENT: Where there is considerable flow of blood, acceleration of pulse, and chills, give viburnum 2x in water, teaspoonful every half hour. This will be sufficient to hold the case safely until the family physician can reach the bedside, for should it be impossible to prevent the progress of the case the patient should have the same care and attention as in confinement, and it is always wise to have professional service in these cases.

CHAPTER XIV.

CHANGE OF LIFE.

This is one of the great peculiarities of nature. It is a cessation of the growth of the ovum and likewise a cessation of the menstrual flow. It is termed the climacteric or critical period, and no doubt it is owing to the fact that nature diverts the flow of blood to other parts of the body from the womb, it is liable to affect the head and result in extreme nervous irritation of the lungs and produce pulmonary trouble, or the stomach and result in a disturbance of the digestive system, is why it is termed critical period. At this time the nervous system through sympathetic reaction induces derangement of all or nearly all of the other organs of the body.

It is usually indicated by a disturbance of the general nervous system, flashes of heat, coldness of extremities or nervous chill, irregular menstruation, at which time a general depression of the vital forces is experienced.

At this time the whole reproductive system is undergoing a remarkable change; the womb di-

minishes in size, the ovaries become small and shriveled, the mouth and neck of womb become closed, resulting in an entire suspension of the functions of reproduction.

The change is usually accompanied by some uterine haemorrhage before cessation is complete. This may occur once a month for a few months at irregular periods. We also get derangements of the stomach, liver and kidneys as a result of reflex nervous action, and it is well to consider this condition, the exciting cause of most of the morbid ailments from the forty-fifth year of woman's life.

When the change has properly set in strict observation should be given to hygiene, proper dress and diet, rest and quietness with plenty of fresh air, which will assist nature wonderfully in its recuperating power.

This condition induces considerable inflammation and congestion of the womb and surrounding structures, which sometimes result in morbid growths such as uterine tumors, polypi and ovarian cysts. Again there may be ulcerations and unhealthy granulations.

As change of life and the diseased conditions which it generally induces are described in con-

nection with female diseases, the mode of cure is given in full in that chapter. As an internal remedy for reflex nervous action and hot flashes belladonna 30x, a dose every two hours, will be found a valuable adjunct to the general treatment.

CHAPTER XV.

CONTROLLING OF SEX.

Having been repeatedly questioned regarding the ideas of various authors and prominent members of the profession upon this subject, it is safe to say they have ideas, but no solid facts upon which to build their arguments. Many theories may be advanced here, as it is a subject that has been given little thought by the masses, as an increase in the family is usually hailed with delight irrespective of sex where the children are not unwelcome, and I am pleased to say that contrary cases rarely exist.

Many writers claim that the sex of the unborn child is governed by the time conception takes place, whether previous to menstruation or after, different phases of the moon, conditions of health at the time, and particularly governed by dietetics, which in my opinion has a great deal to do with it.

Others claim that mental impression is one of the fundamental principles in governing sex, but this theory has been exploded more than once

in the families of European nobility, where all forms of mental science have been brought to bear upon the mother during the period of gestation, that the issue might be of the male sex in order to succeed the existing head of the estate, and in many instances every child born was of the opposite sex to that desired; therefore this theory does not hold good.

According to the best authority and general observation, I am satisfied that the only logical way of controlling sex is through dietetic treatment during gestation. I have in mind many cases where a fruit diet, fruits of all kinds at various times through each day, made up in delicacies, together with other light diet, pickles, acids, cereals, and other little fancy dishes, will not only keep the mother's health in excellent condition, but will lessen the pains of labor to a remarkable degree and will result in nine cases out of ten in the issue being a boy.

Not only has this theory proven true in many cases, but it has also proven that where the mother has indulged largely in a meat diet in every form, and caring little for the delicacies usually allowed and advised in such cases, the issue has proven to be a girl.

That the diet in pregnancy is a great factor in delivery, as well as the health of both mother and child, cannot be denied. If the food is such that proper nourishment be derived through assimilation, disturbed functions of the general system will not follow; therefore the diet of a pregnant woman should be well regulated and consist of nourishing foods instead of those that are stimulating, and avoid as far as possible, partaking of animal diet, for it not only has its effect upon the formation of character of the child, but it greatly augments labor by its development of bone and muscular structure of the child.

Not only will a fruit or light diet lessen the anxiety and pain during labor, but it has a thorough command over the health of the mother during gestation, and a rapid recovery will follow. There will be no enlargement of the lower limbs or feet, or bloated condition of the stomach and bowels with formation and belching of gas, as is usually found in meat diet, which produces biliousness. The oxygen produced by the acid diet, uniting with excessive amount of carbon, relieves these distressing ailments of the digestive tract.

Where nutritious diet is indulged in, such as

meats, pastries, potatoes, vegetables of all kinds, fancy dishes and condiments, in order that the child may be strong and healthy, results are often disastrous to the mother's health, also that of the child, aside from prolonged and painful delivery, owing to the increased size and weight of the child.

CHAPTER XVI.

MODERN SURGERY A CRIME.

This is an age of bold surgery. The surgeon who is careful in the selection of his cases, slow and painstaking in his work, need not look for recognition on the part of his students or colleagues ; it is the man who lays the abdomen open by a single stroke of his knife, removes two healthy ovaries or extirpates the womb, closes the incision and returns the patient to her room in seventeen minutes, that commands the attention of his audience and bears with him a self confident dignity, the proud distinction of being a bold and brilliant operator.

The greatest onslaught of modern surgery has been upon the organs of generation. It is somewhat strange that these organs, created for the distinguishing of the sex, and for increasing the human species, should have been singled out as innocent objects of so-called modern aggressive surgery. The future historian who will record the work of many gynaecologists belonging to the present generation, will have reason to ex-

press his surprise at what disaster the art of surgery has produced when plied in cases far in advance of a scientific foundation.

Here and there we hear a feeble voice protesting against the indiscriminate operations upon the organs of generation of the opposite sex, yet this mutilating work continues regardless of such exposition and advice. Every competent and honest gynaecologist knows that in his specialty the art of surgery has been thoroughly and shamefully abused. It is difficult to assign tangible reasons for such a fearful state of affairs. It appears to belong to the spirit of the present generation, the outcome of ceaseless curiosity to mutilate and destroy, and I feel that I am representing the conservative element of the profession in these days of wild and unfounded surgery, to place myself on record in protesting against the unnecessary operations upon the organs of generation, willing to stand or fall by the sentiments of the honest element of the profession.

The new generation of doctors find no longer satisfaction in practicing their profession in rural districts. The young practitioners have their eyes on large cities, where enticing fees are paid to specialists, for insignificant operations, whereby

victims by the thousand from the flower of American womanhood are being mutilated and unsexed, their wifelyhood and every possibility of motherhood being forever destroyed, that their mercenary greed may be satisfied through this infamous outrage upon their confiding and unsuspecting victim, the removal of healthy ovaries, extirpation of womb and fallopian tubes, sewing imaginary lacerations, and hunting for non-existing uterine fibromas.

No aspirant for gynaecological fame ever examined a woman without finding something to mend, according to his illustrious and self esteemed ideas. Every woman living is imperfect; he cannot be consulted upon any physical ailment without suggesting a morbid womb as the cause; an examination is necessary, and when once made, there is no end to the ailments, and the only means of cure is an operation; and if allowed to proceed, he will perform the most heinous crime ever perpetrated upon the human family, that of unsexing a woman.

When Fisher Ames, in his great speech on the British treaty, in which he depicted the horrors of the border war with the Indians, exclaimed, "The darkness of night will become brilliant with

the flames of your dwellings ;” you are a father ; “the blood of your sons will fatten the corn fields ;” you are a mother ; “the war whoop shall awake the sleep of the cradle,” some intelligent idea of the awful crime of murder was then conceived. To-day the gynaecologists have not only reduced murder to a fine art, but they are assisted by the law of our country in collecting enormous fees from the estates of their mutilated, unsexed, and dead victims, for their infamous outrages.

Surgery may be divided into conservative and destructive surgery. One is wise and humane ; the other is brutal and criminal. One seeks to ameliorate human misery, and, as far as possible, ease human pain. Such surgery is noble ; such surgery is useful, because it assists nature to return to a normal equilibrium by setting a broken bone, by binding up a gaping wound, by removing an offending foreign body. But the field of true surgery is the field of traumatic lesions. The fractured bone, the dislocated joint, the lacerated tissue, these may be operated upon, because they are in the line of conservative surgery. Beyond this, surgical science should not go. To correct a malposition, to restore an organ, a limb, to its

proper relation to the balance of the organism is wise and scientific.

To lop off organs which are necessary in a normal organism is nothing but criminal and murderous empiricism, because such procedures cannot rest on health—i. e., re-establishing normal equilibrium to the organism. The extirpation of absolutely necessary organs, which are the machinery of certain vital actions, never has cured and never can cure disease. This is proved by results. On the incarnadized altars of surgical science thousands annually lay down their lives under the bloody hands of so-called brilliant operators. Abdominal surgery is the most brutal, cruel, murderous fad that has ever cursed the world. In the last decade the surgeon's knife has slain more than war and holocausts. Not a single region of the human anatomy but has been laid bare by the scalpel, cut by the knife, excoriated by the curette, probed by the sound, and pinched and torn by the forceps.

Humane people are crying out against the vivisection of the lower animals. It is time the people cried out against the cruel vivi-section of suffering human beings, which is occurring every day in the hospitals and clinical theaters all over

the world. We charge the abdominal surgeon especially with increasing disease and death. Ignorant of their crime many of them are. Yet they need not be, when such a great surgeon as Senn, such a gynaecologist as Munde, raise their voices against the onslaughts upon the abdominal viscera. Yet we believe many of them are honest but ignorant criminals. Many successful operations are merely brilliant blunders.

Just as sure as the habit of using cocaine and morphine is acquired until it becomes a craze, and the subject addicted to its use mentally unbalanced, resulting not only in paranoia and circular insanity, but homicidal mania, a dangerous character in the community, so also has unfounded surgery become a disease, fostered under the sheltering arm of license, a legally qualified and licensed murderer. Many instances are on record where the desire to witness the flow of human blood has become a mania. Take for instance the White Chapel mutilations of London a few years ago, where the most despicable horrors were committed. Scotland Yard's wisest men knew they had no ordinary criminal to deal with in their effort to solve the mystery, and after long weary months of incessant work on the case, and

during all this time deeds of the most revolting type were being frequently committed, they concluded to change their base of work, owing to the manner in which the criminal did his work. In each case the mutilation was done in a so-called scientific manner, each victim apparently receiving the same wound, and the same organs of the body being removed (the womb and appendages), and after careful deliberation it was resolved, and in a very short time proven, that the party who committed the crimes possessed the ability of handling the surgeon's knife.

It is a well-known fact that once a crime is committed the criminal does not hesitate to take life again if the opportunity presents itself, where such an act is necessary, and if he escapes the law he will continue in his nefarious work until overtaken by justice and punished for his crime.

Is it not possible that this same mania may possess some members of the profession today? Encouraged by the fact that they are legally qualified to act, there is no limit to the extent of so-called modern surgery.

There is no country today in the world wherein man has the freedom of speech as in our own ;

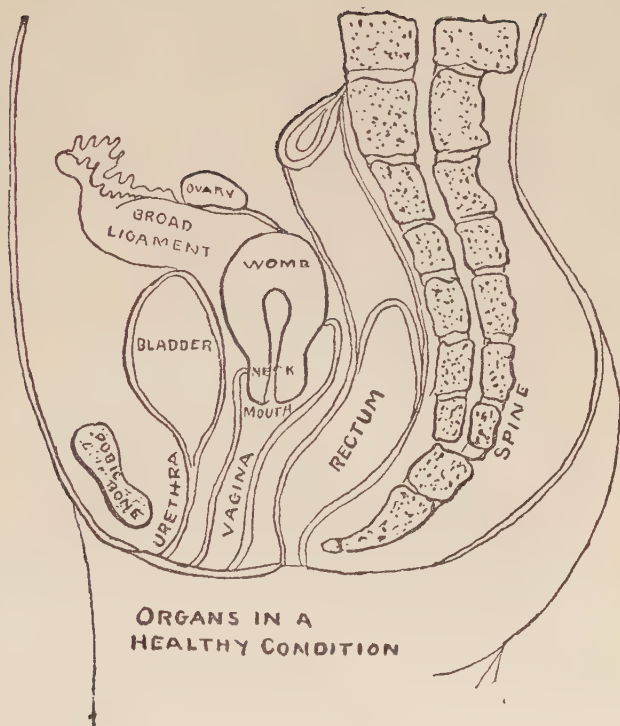
there is no country in which laws are enacted by legislature for the betterment of its people more readily than our own ; and if it is necessary to bring before legislature the subject of unwarranted and unfounded surgery, it can be done and the crime legislated against for all time to come.

CHAPTER XVII.

DISEASES PECULIAR TO WOMEN.

A great deal has been said in regard to health and how to retain it in other chapters of this work, and the future of womanhood depends greatly upon her study and devotion along that line of thought and action that govern her every day life. So susceptible are the organs of reproduction to diseased conditions that it has become a solemn fact, that every care and precaution must be taken to preserve the health from the advent of womanhood to the change of life, usually her forty-fifth year. Every person should be deeply interested in the development of female life from girlhood to womanhood, for the health of the future of the human family depends most largely upon this period of woman's life.

It is during this period that she is being fitted for nature's most wonderful mission. Her whole being, through sympathetic relationship, is intimately connected with the reproductive organs, which in perfect health are intended to perform the most wonderful, the most delicate and sacred functions ever entrusted to a created being.



Health being the adjusting balance of her nature, through which all the curves and contour of her physical body are rounded out, every effort should be exercised in assisting nature to sustain control, but when once disturbed by disease, it is very important that assistance should be secured at once, and that it should be from a source wherein are coupled intelligence, experience, and success.

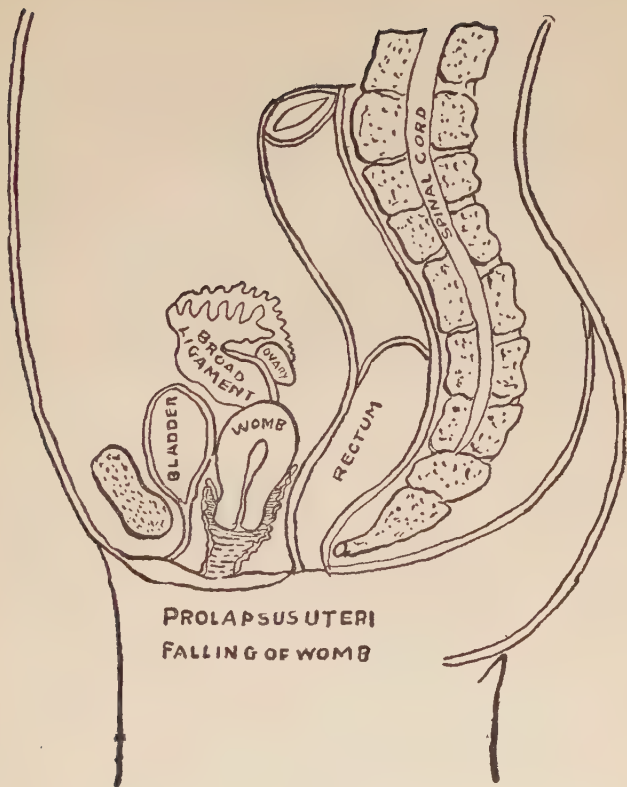
Diseased conditions of the reproductive organs to which women are most susceptible, and from which nine-tenths of our women are today suffering, in one form or another, may be classified as follows :

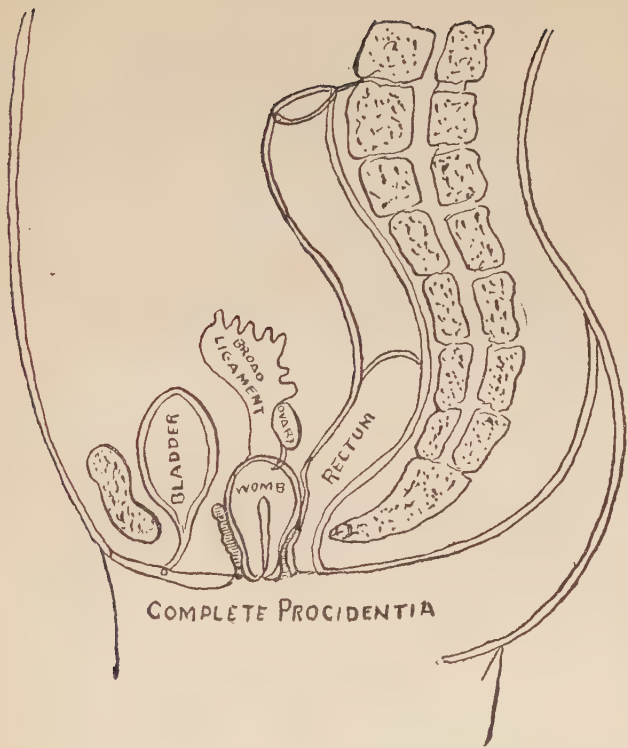
INFLAMMATION AND CONGESTION OF THE WOMB, FALLING OF THE WOMB, ULCERATION AND GRANULATION OF THE WOMB, UTERINE FIBROID TUMORS, UTERINE POLYPUS, ANTEVERSION, RETROVERSION AND PROCIDENTIA, INFLAMMATION AND CONGESTION OF THE OVARIES AND OVARIAN TUMORS, PROFUSE AND DIFFICULT MENSTRUATION, LEUCORRHOEA, AND MORBID CONDITIONS INCIDENT TO CHANGE OF LIFE.

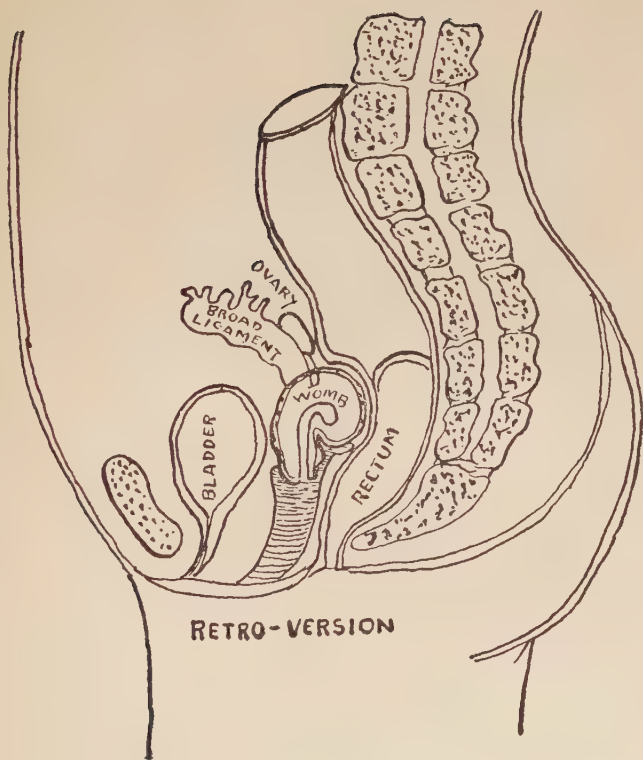
These are conditions of which the predisposing causes are inflammation and congestion of the womb and its appendages, or more commonly known as Female Weakness.

SOME OF THE SYMPTOMS OF FEMALE WEAKNESS.

A tired, languid feeling, low spirited and despondent, with no apparent cause. Moth and yellow spots on the face—often called “liver spots.” Dark rings around the eyes. Melancholly, with no ambition or desire to live, and with difficulty keeping the tears back. Headache, pains in the back, pains across the lower part of abdomen, bearing-down pains, with an inward feeling of pressing down and out. Leucorrhoea, frequent urinations. Bladder difficulty, caused by pressure of womb against bladder. Constipation of bowels, caused by pressure of womb against the rectum, often producing piles. Great soreness across lower part of bowels and in region of ovaries, so that a slight pressure with the hand produces pain, and if allowed to go on in this condition the ovaries become involved by a sympathetic action, resulting in ovarian tumors, and with all these symptoms







a terrible nervous feeling is experienced by the patient.

PLATE 2.

Now follows inflammation and congestion of the womb, which may be brought about by catching cold during menstruation, improper dress, tight lacing, jumping from carriages, accidents, careless attention during confinement, violent nervous excitement, cold douches, miscarriages and other causes.

PLATE 3.

This inflamed and congested condition produces an undue amount of serum or watery substance in the organ. This watery substance is a dropsical effusion, causing it to become so engorged and heavy that the ligaments supporting it are no longer able to hold it in place, and it results in falling of the womb. In this inflamed condition it cannot throw off this serum, but retains it, adding to the size and weight, and in many cases if it were not for a supporter worn by the patient the womb would come out into the world, resulting in complete procidentia.

PLATE 4.

Again this inflammation goes on to congestion, the walls of the womb thicken and grow

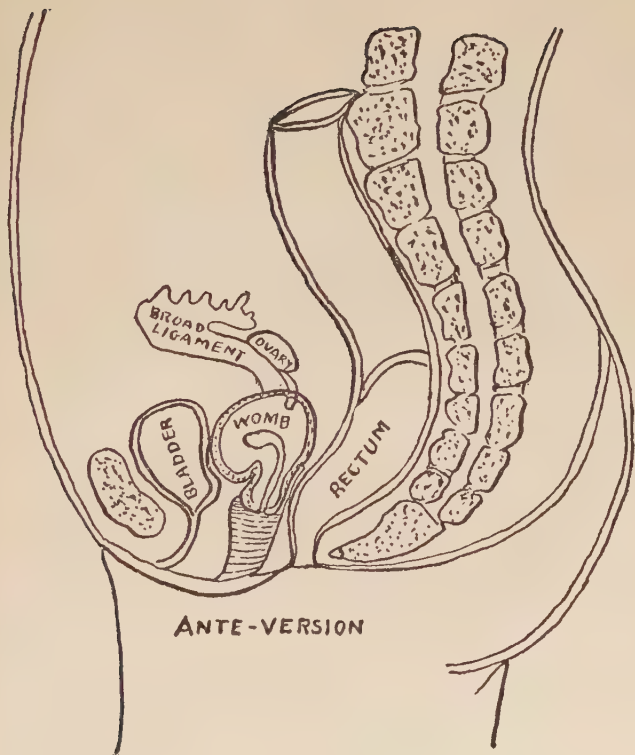
heavy with congested blood or serum until it becomes so large that it must necessarily drag down of its own weight, drawing upon the cords which are attached to the spine, causing a terrible pain in the small of the back, and soreness across the lower part of bowels.

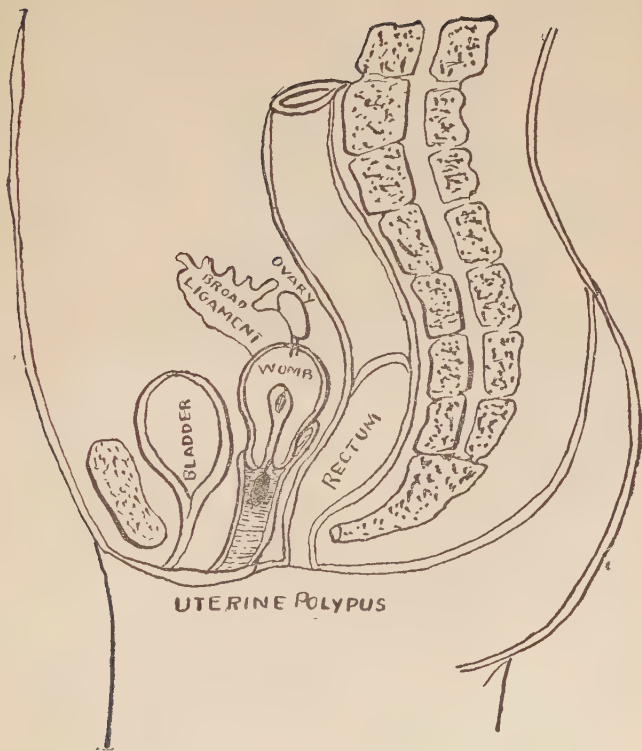
The organ being so enlarged, down and out of place, it crowds against the rectum, and by compression produces constipation and the straining necessary for a movement results in piles; there is also pressure upon the spinal nerves, which leads to the head center of the whole nervous system, and these little nerves running to the brain, cry out in the form of headache, despondency and often, if neglected, insanity.

PLATE 5.

When the womb is in this condition, it also presses upon the bladder, causing frequent urinations, with burning scalding sensations; in fact the whole system sympathizes with the disorder, and this is the seat of all, or nearly all, of the suffering of women.

Through sympathetic action this congested condition extends to the ovaries, and the dropsical effusion frequently results in ovarian tumors,





of which a sketch is presented. We also find uterine fibroid tumors. They have their origin in this congested blood and serum, and it is the very element upon which they exist.

PLATE 6.

With years of experience in the treatment of female diseases, and having patients in every civilized country in the world, I feel that I have merited my share of success. As soon as a patient applies to me for relief I advise at once the use of ORANGE BLOSSOM, a remedy prepared especially for women suffering from any form of Female Disease. It is put up in such a manner that any woman can treat and cure herself at home with ease and comfort, with a positive assurance of a permanent cure, and not have to undergo the torture of instruments from physicians.

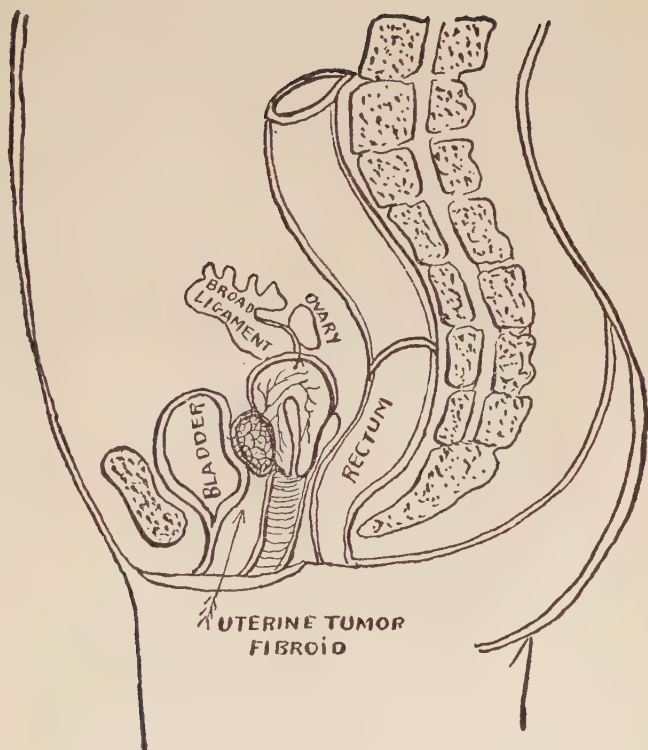
The action of this remedy in every case is by the process of absorption, mildly drawing from the womb this serum or watery substance deposited by congestion, and this serum passing out through the pores of the womb is congealed or thickened and comes away on third day in the form of a membrane or white substance like tissue paper, thus relieving the inflammation and

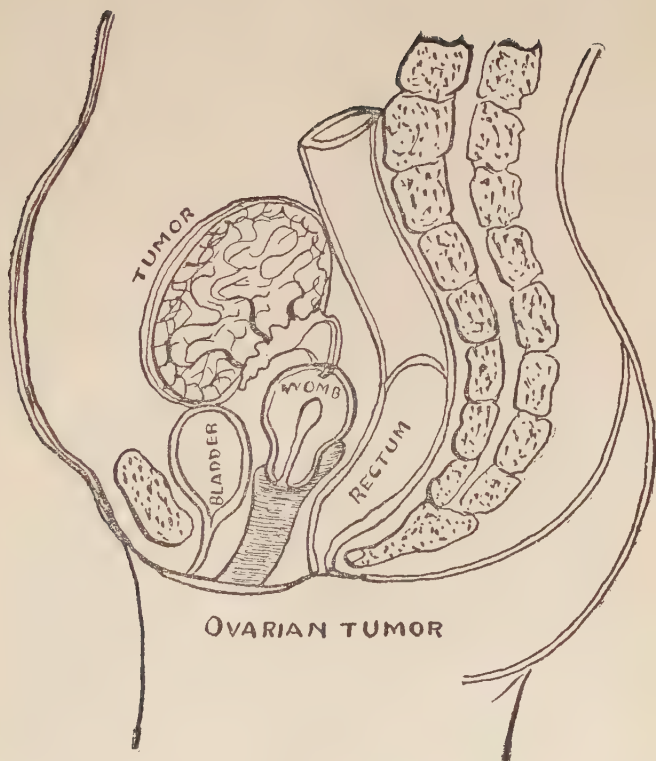
congestion. Every application of the remedy reduces the size and weight of the organ, and in time allows it to regain its natural condition and position.

It requires three days after each treatment has been applied for this process of absorption to take place. On the evening of the third day an injection of warm soap suds should be taken; then the patient should wait two days before using again, as the parts need rest. After the two days' rest, use the treatment again as above described. This makes the application once every five days, except at the monthly period; then wait just four days. At the expiration of the fourth day apply the treatment again, flow or no flow.

This treatment is simple and harmless; often removes pain with the first application, from which the patient may have suffered for months. I find so many ladies prefer to treat themselves if they only had the proper remedy. This they can do with this remedy, and not have to undergo the torture of an operating chair.

MENSTRUAL IRREGULARITIES; painful and profuse menstruation are both morbid conditions induced by inflammation and congestion and no re-





lief can be obtained until those conditions are removed. The excessive amount of blood in the womb, retained there by an impeded circulation as the result of inflammation and congestion, is the cause of profuse menstruation.

PAINFUL MENSTRUATION is caused by dilation of the circular fibres of the cervix of the womb, which have become contracted through congestion, and reflex nervous action carries the pain to the ovaries, which produces so much tenderness.

LEUCORRHOEA is simply a discharge from the abrasion of the surfaces by ulceration or granulation or a decomposed condition of the congested blood and serum.

PLATE 7.

ANTE-VERSION and retro-version are mal-positions of the womb, which, from its engorged condition through inflammatory action, is unable to regain its natural position, and remains, as an ante-version, thrown forward upon the bladder, in retro-version, backwards upon spinal nerves. No instrument, pessary, or supporter can correct this condition while inflammation and congestion exist; they must be removed first.

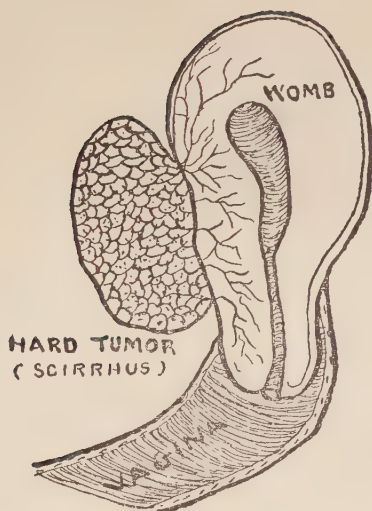
ULCERATION and granulation are a result of breaking down of tissue through inflammation,

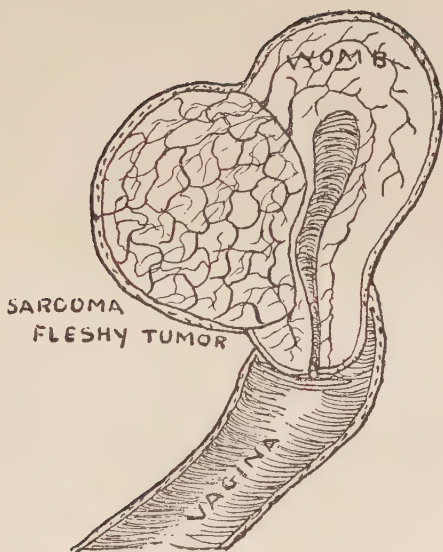
and when this treatment is first applied some smarting and burning may be experienced. This will soon pass off as it cleanses and heals these sores, for ulcers are nothing less than sores on the neck and sometimes body of the womb. It will heal these all up nicely in two or three applications and you have no further pain.

Change of life: unless every care is exercised while passing through the critical period, there is liable to be considerable congestion both of the womb and ovaries, and I find this treatment "a sheet anchor" in change of life, as it removes the congestion, thereby relieving the compression upon the nerve fibre, and prevents reflex nervous action, which affects all other organs through sympathetic relationship.

PLATE 8.

Uterine fibroid tumors and polypi are morbid growths, having their origin in the unhealthy blood and serum in the womb, and this may also be transmitted to the ovaries, resulting in ovarian tumors. When a thorough circulation is established throughout the womb, and its appendages, by the removal of the inflammation and congestion, these growths become deprived of the





elements upon which they exist, and through reabsorption become eliminated from the system.

As stated before, the treatment is simple, and harmless and safe to use at any and all times. It is put up in one month's treatment, especially for home use, and may be obtained through lady agents, or direct from Dr. J. A. McGill & Co., 3 and 4 Hubbard Ct., Chicago, Ill.

CHAPTER XVIII.

GENERAL MEDICINE AND PROFESSIONAL REMARKS.

HOW AN EXPECTANT MOTHER SHOULD DRESS:
The first article of apparel to take into consideration is the shoe. As this condition is known to cause swollen feet, every precaution should be taken in order to keep them in a healthy condition, for much depends upon the exercise taken each day in order that delivery may be easy. The common sense shoes, broad toe and flat heel,

should be worn by all means. They are made for comfort and may be found upon the feet of the best dressed women upon our streets, and there is no reason why they should not be worn in this condition.

The circulation of blood in the lower limbs and feet at this time is not as active as at other times, and a light, woolen hose, with roomy shoes, will be a great assistance. Many cases are compelled to wear slippers during the whole period, which shows the value of a common sense shoe to a woman whose vocation places her upon her feet a good deal of the time. Many a case of impaired vision, headache, backache and lassitude, has been caused by ill fitting shoes. The English Bull Dog toe, with heavy soles, worn today by our cultured women, would have created laughter a few years ago, yet when you realize the comfort she is getting out of them and the short walking skirt, her independence must be appreciated.

CLOTHING.

Her clothing should also receive serious attention, yet, in the past few years, wonderful strides towards reform in dress have been made, and the usual union under garments, with Princess wrap-

pers, have done much to correct the health and preserve it. No heavy material should be worn about the home; a waist that will support the skirts without compression, so that the circulation will not be impeded, or respiration interfered with, giving freedom to every bodily motion—to walk, and work and breathe—will give nature every opportunity to assert its rights, which must result in the best conditions of health to the mother and child.

THE QUESTION OF CORSETS.

How long can I wear corsets, doctor? If I abandon them entirely, won't it require years for me to attain my present poise and grace of figure? I am safe in saying the corset (tight lacing) has been the direct cause of more cases of female complaints, outside of this condition alone, than any other habit to which the women of today are subject. Do you know what tight lacing means? It means impaired digestion; the functions of the stomach become impaired immediately the young girl is placed in corsets. The circulation is impeded, the heart's action increased, in order to force an established basis of circulation, and above all the blood becomes impure by being

forced to circulate without proper reoxygenation. Owing to the fact that fully one-fourth the volume of natural respiration (breathing) is cut off, what effect can it have upon the child? The cripples—deformed, emaciated, and sickly children brought into this world—are too much in evidence to require an answer.

Lay aside your corset, live as close to the law of nature as you can, and when the time comes for you to re-enter society, and you do so, just compare the condition of a natural woman to that of an artificial made up, society woman, and the result will be that you have parted company with tight lacing forever.

EXERCISE.

This is one of the most essential features in keeping both mind and body in a healthy state. It aids digestion, it increases the circulation, it stimulates the nerves, it increases muscular activity, it strengthens the mind, and, above all, establishes a perfect respiration, more necessary than all others, for the pregnant woman breathes for two. Not only is it necessary for her to inhale plenty of oxygen for her own blood, but for that of her child, hence it is absolutely necessary to be in the open air as much as possible. Liv-

ing in close apartments, without the fresh air and exercise, is the direct cause of many feeble, delicate and diseased children.

CARE OF THE BREASTS.

As the breasts are often subject to inflammation, resulting in bealed or gathered breasts, it is very painful and in many instances nursing is impossible. The very first indication is tenderness. This is usually accompanied by nervousness, peevishness and fretting, and may also have chills and feverishness. No matter what the conditions are, the tenderness shows that trouble is about to follow. Use hot applications at once. An infusion of Poke Berries, applied hot, will relieve the inflammation and prevent the gathering. Keep up the application until the tenderness is all gone. By attending to this strictly at the beginning there will be no need of suppuration or the lance.

If the nipples become irritable or cracked, use a shield in nursing and apply the usual home remedies—Boracic Acid and vaseline. One of the greatest and best applications to use is mentioned in care of the skin in the subject of girlhood. It will heal the nipple in a few days, sound and well.

NURSING.

The subject of the nursing bottle has so many friends and so many enemies that any argument I might produce against it would be futile; and beyond the fact that I am opposed to it in every instance where it is possible to nurse the child, I will not attempt to influence the mind, but will endeavor to show that there is nothing in the world that will increase the vitality of an infant like mothers' milk.

If for some reason the mother does not possess it in sufficient quantity, she should partake of a milk diet. At first new milk should be diluted with water slightly, and should be warm always. Scalded milk and crackers, nicely seasoned, soon prove a relish and assist wonderfully in establishing a flow of milk. No acids or stimulants should be taken by any means. Avoid rich foods. Sea food is good—fish, oysters, lobster and clam broth, drinking freely of broths, and new milk, prepared in every way that may be relished, eating fruits, cereals and graham bread, with honey or jelly, is the proper regime to follow.

The mothers' milk being the food intended by nature, every effort should be made to nurse the child before resorting to artificial means.

The constituents of the milk which the infant first received from the mother, are such that they establish the digestion of the new born, while an artificial article lays the foundation for disturbed digestion and ill health, colic being one of the most prevalent, accumulation of gas in the digestive tract, stomach worms, and chronic bowel trouble. The cause of mortality in hand fed children rests largely in improper diet, and it would be impossible to recommend any one article as a substitute for mothers' milk, hence the necessity of exhausting every means for increasing the flow of milk before resorting to artificial means.

In the care of babies, *Borax* will be found the most valuable article in the nursery. It will cure "Aphtha," sore mouth, excoriations of the surfaces, sore eyes, irritations of the scalp, and all forms of rash. Make a weak solution of 20 grains to cupful of water and bathe the parts freely with a soft cloth; and allow the cloth to remain on the surface, if possible, as it removes the inflammation.

Infantile colic may be readily controlled by hot applications over the stomach or bowels. Hot clothes or a hot water bottle put about the

baby's feet will stimulate the circulation, thus relieving the congestion of the stomach.

Camomilla being the remedy mostly employed in these cases, it is always advisable to have it handy by. A few drops of 3ox in 6 teaspoonsful of water, and one teaspoonful every half hour, will afford relief. The old-fashioned peppermint water is not to be despised in a case of colic. One or two drops in sweetened water seldom fails to bring relief.

CONVULSIONS. There is no other form of trouble to which an infant is subject, that will produce the agony and terror of the mother, equal to Convulsions. Even though it may be subject to them, each attack produces the same dread and fear. Just as soon as any tendency towards this condition presents itself, get the child's feet into hot water. While the water is heating, put cold applications to the head—crushed ice or ice water with cloth bandages. Hot water to the feet draws the blood away from the head and equalizes the circulation.

Treatment: Give Belladonna 3ox at once, 20 drops in half glass of water, teaspoonful every 15 minutes. If the baby goes to sleep, and an undisturbed quiet sleep, let it sleep, otherwise give the remedy as directed.

STOMACH WORMS: It is well to observe any child very closely that has convulsions. If it is restless in its sleep, lips blue, grinding its teeth, blue rings around the eyes, and abdomen distended, and having the habit of picking its nose, there can be no questioning the fact that it has worms; and it is reasonable to expect them, for every person living has had them, and the child of today is just as liable to have them as they were ages ago. There are many preparations in every school of medicine advised for this ailment, Santonine entering very largely into all of them. The usual treatment will be found among general ailments and their cures.

CROUP: An ailment that is very easily distinguished from any other. The cough and breathing of a croupy baby cannot be confounded with anything else. Apply Camphorated Oil freely to the throat and chest, and give Spongia 200x; five drops in half a glass of water, teaspoonful every half hour, will usually afford relief. It is always well to examine the throat several times a day to notice whether membranes are forming. If such are noticed, it is liable to result in membranous or diphtheritic croup, and it is advisable to call a physician rather than to depend on home

treatment, but should these conditions not be present, the use of Spongia will be found of great value.

In cases where there is considerable hoarseness and mucous expectoration, give Phosphorus 200x same way, and it will clear the throat up nicely. A gargle of Listerine, two teaspoonsful to half glass of water, will be found of great value as a gargle in throat trouble in children.

INFANTILE DIARRHOEA: Disorders of the stomach and bowels of children may have their origin in many ways—improper diet, teething and nervous affections. Remember it is not a good practice to stop these conditions suddenly with narcotics or other powerful drugs. One of the greatest remedies in the nursery is Chamomilla. It is the children's remedy for bowel trouble, colic, cramps, and fevers from teething, and should be kept in every home. Administer it the same way as other remedies. Use the 30x. A few drops in half a glass of water, teaspoonful every half hour, will control the bowel trouble nicely. Here also the hot water bag comes in for its share of praise, as it often produces rest and sleep. Where remedies seem to act very slowly, hot bandages and hot water bags have saved the lives of scores

of children, in controlling sub-acute inflammation until the arrival of a physician.

SORE THROAT AND QUINSY: These affections will be considered under one head, as the treatment is nearly identical. Either can be occasionally aborted during the feverish stage by the medicines and treatment recommended under Colds in the Head, but it is best to begin at once the alternate administration of Belladonna and Merc. binoid., a dose every hour for six doses, then every two or three hours.

In Quinsy, if an abscess is about to form, give Hepar Sulph. and Merc. Viv., a dose every two hours. If the abscess is slow in healing, give Silicea and Sulphur as above. If there is chronic hardening of the tonsils, with a predisposition to return of the affection, persistent treatment with a dose of Baryta Carb. 3xt at night and Hepar Sulph. in the morning for several months is usually successful.

A cold, wet compress on the throat, covered with a dry flannel aids greatly in sore throat and during the first stage of quinsy ; but if an abscess forms, poultice with warm flax seed.

COUGHS: Consult pneumonia, bronchitis, pleurisy and hoarseness. Occasionally, however,

a cough appears that cannot be said to spring from these sources. Coughs of this sort have a tendency to become chronic, inclining to further complications, and they should receive prompt and persistent attention until cured.

If the cough is hard, dry or painful, little or no expectoration, a tickling sensation in the chest excites the cough and there is a sore, raw feeling in the larynx, give Bryonia and Phosphorus alternately.

If the cough is loose, with rattling of mucus in the chest that does not yield to coughing, and especially if there be nausea with vomiting of phlegm, give Ipecac and Tartar Emetic alternately. If the throat feels rough and raw and there is much hoarseness, the cough is hard, hoarse, barking, with occasionally the expectoration of yellow mucus or of hard, lumpy crusts, give Hepar Sulph. and Kali Bichr.

For a short, dry cough, with tickling in the throat, hoarseness, loss of voice, and, with some people, involuntary urination during cough, give Causticum. For a teasing, incessant cough that is made worse by cold air, to relieve the cough, patient is compelled to put his head under the bedclothes, to breathe the warm air, give Rumex Crisp 2xd.

Directions: Take a dose every one or two hours, continue treatment for several weeks after relief is obtained to insure a cure. A dose night and morning will suffice.

WHOOPING COUGH: This is said to be "nine weeks coming and nine weeks going," an old saying that does not apply to a proper homeopathic treatment of this affection. For two or three weeks there is a slight cough, with every appearance of a common cold, during which period it ought to be cured if handled properly.

Treatment: During the first stage treat it as a common cold. If the whooping begins, Belladonna and Nux Vomica are the most serviceable remedies. If the chest seems full of mucus that cannot be raised, or only when a fit of gagging and vomiting sets in, give Ipecac and Tartar Emetic. If the paroxysms are long, very violent and exhausting, spasms or suffocation being threatened, give Drosera and Cuprum Met.

Directions: In severe cases give a dose every half hour until better; then every three or four hours. Ordinarily a dose every two hours will be sufficient. A light diet should be persisted in. Drafts of air and fresh colds must be prevented if quick results are wanted.

MUMPS: This is a swelling of the gland that lies beneath the jaw bone near the ear. It rarely requires the administration of any other remedy than *Mercurius Vivus*, which should be given every two or three hours.

Carefully avoid taking cold, especially while recovering, as the inflammation is liable to spread in the case of females to the breasts, and in males to the testicles.

When the breasts are affected, give *Pulsatilla* every two hours. When the testicles are involved, alternate *Arsenicum Alb.* and *Pulsatilla*, a dose every two hours. If the swelling about the neck becomes very severe and suppuration seems inevitable, a poultice may be applied, and the abscess opened when it points or "comes to a head."

HEADACHE: A headache is merely one of the symptoms of some disordered condition of the body. It may be caused by many widely different conditions, a few of which are indigestion, biliousness, constipation, menstrual disorders, sedentary habits of body, abuse of stimulants, excessive mental exertion, vital exhaustion, etc.

To obtain permanent benefit the cause must be removed. After an attack has been relieved, it is just as important to attempt the prevention of

another. Only the most prominent causes of headache can be considered here.

Treatment: Certain headaches are called habitual or periodical, returning regularly after a certain time. They are also called bilious, gastric or sick headaches. The patient has a blinding blur before the eyes, vomits bile, is very sick at the stomach, dark or greenish, bilious, ill-smelling diarrhoea, headache is mostly in the forehead and eyes. Use *Chionanthus* 2xd and *Iris* vers. 2xd alternately. *Sanguinaria* is also a very useful remedy for this type of headache when the pains begin at the back of the head, spread toward the top and settle over the right eye. It begins in the morning and increases during the day.

Belladonna is also a good remedy for sick headaches, but here the pain is of a throbbing, congestive character, the face is usually flushed, the arteries in the neck throb heavily, the pain is chiefly in the forehead. *Glonine* 3x cures a headache very similar to this, except that there is always a peculiar undulating sensation in the head which is worse when turning around; the face is never flushed; no gastric symptoms; it always cures headaches caused by exposure to the sun's rays.

For nervous headaches, with constipation, pain begins on first waking in the morning; headaches as if it would split; worse in the forehead; over the eyes, aggravated by stooping or the least motion, with or without sour or bitter vomiting, use Bryonia and Nux Vomica. But if the bowels are occasionally loose and light yellow, or greenish, Nux Vomica and Podophyllum 3xd are indicated.

For headaches of a severe neuralgic character, especially affecting the forehead and eyes, Gelsemium and Spigelia are the best remedies.

For the headache caused by prolonged shopping or mental exertion, Ignatia is the remedy. For headaches connected with derangements of the menstrual function you should treat the cause. Belladonna, Chamomilla, Pulsatilla and Sepia are generally indicated.

Directions: A dose may be taken every fifteen to thirty minutes until relief is obtained, then every two or three hours.

SLEEPLESSNESS: As the standard of health is lowered by disease, overwork or mental strain, the nerves begin to be weak, irritable and easily excited. Under such conditions one can hardly expect sound, refreshing slumber. The cause

must be eradicated to obtain permanent results.

Treatment: A few general facts only can be noticed. The slight congestion of blood to the head can be relieved by a warm bath and brisk rubbing with a rough towel; moderate exercise before retiring; divert the mind; a cup of hot milk, beef tea, or clam bouillon just before retiring.

Remedies: If you are sleepy and cannot sleep, take Belladonna. If excited fancies and imaginings keep one awake, the senses are all keenly alert, Coffea is indicated. If business matters keep one awake, Ambra grisea, 3x, will generally afford relief. If not, try Cocculus. If easily awakened and difficult to get asleep again, Sulphur is indicated. Awakens and cannot sleep, after 3 or 4 a. m., take Nux Vomica and Magnesia carb. 3x alternately. Calc. carb. and Sepia are also recommended.

Directions: A dose every hour during the evening. If it is necessary that one should obtain slumber, never give opiates, chloral, or any of the patented "sleep compellers." A perfectly harmless remedy is Passiflora inc. O. No bad results follow its use; no "habit," and no dullness and nausea on awakening; but its action is prompt

and positive. A teaspoonful dose one-half hour before retiring, repeated every half hour if necessary; but a second dose is rarely required.

OF INFANTS AND CHILDREN: For starting as if in fright when falling asleep, or muttering, talking, twitching of limbs during sleep, give Belladonna and Ignatia alternately. Constant restlessness during slumber, Aconite and Arsenic alb. Child awakens with a shrill shriek, Apis mel. Awakens with a start, Sulphur. Starts in sleep, uttering sudden cries, Chamomilla. If the child is sleepless but quiet, and its bright eyes and alert manner show the senses to be keenly alive, give Coffea. Worms will cause sleeplessness, sudden outcries, nervous twitchings and mutterings. So also will indigestion, malnutrition, nervous disorders, teething, etc. Treat the cause.

Directions: A dose every hour during the evening.

TEETHING: When the teeth come slowly and the child suffers from the many ailments connected with this process, the cause cannot always be laid to constitutional weakness, for it is most frequently due to improper methods of feeding, or improper food. This latter is especially the case with hand-fed babies. Fevers, convulsions,

restlessness, crying, sleeplessness, eruptions on the body, colic, diarrhoea, constipation, and many other ailments of the teething period may be caused by a faulty digestion of the food or an improper kind of food. Feed the baby properly, and as a rule, you will have but little trouble.

Treatment: When the teeth form slowly; the development of the child proceeds tardily; the head is large and the child has a sour odor; give Calcarea phos. 3xt and Silicea, alternately. These remedies are constitutional tonics, and are especially valuable for rickety children. If the child is very fretful, wants to be carried all the time, is cross and peevish, the stools are loose, greenish and slimy, Chamomilla will relieve it.

Mild fevers often occur, especially while the gums are very swollen, the skin is dry and hot and the child is very restless; a few doses of Aconite, one hour apart, will be sufficient.

COLIC OF INFANTS: If the child screams out suddenly, draws its limbs up and writhes, it probably has colic. Give Chamomilla and Colocynth alternately, a dose every 15 minutes or half hour. Immediate relief can usually be given by putting hot, dry woolen cloths to the abdomen, or, what is better, a rubber bag filled with hot water.

DIARRHOEA OF CHILDREN: The general treatment is about the same as in Cholera Infantum. We give a few special indications. If it is due to errors in diet, changing the food, or occurs in hot weather, alternate Ipecac and Nux Vomica.

If indigestion has been caused by fats or pastry, Pulsatilla should be given. If accompanied by slow, difficult teething, Chamomilla and Calc. carb. are indicated. If the stools are dark brown or yellow, Bryonia and Podophyllum 3xd. should be given alternately. If the stools are mostly a greenish slimy mucus or streaked with blood, alternate Ipecac and Merc. cor. If accompanied by Thrush, it must be treated as such. If with severe colicky pains, alternate Colocynth and Nux Vomica. If thin and watery, accompanied by extreme exhaustion, Arsenic. alb. and Veratrum alb. are indicated.

Directions: Give a dose after each movement of the bowels. If hand-fed, extreme care must be observed with the diet.

DYSENTERY: Called by some, flux or bloody flux, results from an inflammation of the mucous coating of the lower bowel. Usually dysentery begins like an ordinary diarrhoea, but after a few bilious passages, the discharges always consist

almost entirely of a slimy, frothy, glairy substance, mixed more or less with blood.

In true dysentery there is always excessive straining and bearing down pain while at stool, and a peculiar feeling of misery or distress in the region of the lower abdomen and bowel after the passage.

In bad cases there may be a chill, followed by high fever, rapid prostration of strength, nausea and vomiting, colicky pains in the abdomen, and the stools may, after a time, consist almost entirely of blood.

Treatment: Mercurius corr. is the best remedy for dysentery; it should be alternated with other remedies, according to the symptoms. If there be any nausea or vomiting, Ipecac and Merc. corr. are indicated. Should there be a high fever, Aconite and Merc. corr. may be given.

Colocynth and Merc. corr. should be given when there are severe, griping, colicky pains in the abdomen. If the stools are very bloody, use the mother tincture of Hamamelis in five-drop doses alternately with Merc. corr. If the patient loses the power to control the passages, and they consist of a dark, very foul-smelling fluid, extreme prostration and threatened col-

lapse, give Arsenic. alb. and Carbo veg. alternately.

Directions: The remedies selected should be given a dose every half hour until relieved, then every two hours until recovery is complete. The patient should be kept in bed, and as warm and quiet as possible. In bad cases the bowels should be washed out with hot water two or three times daily.

Warm applications to the abdomen give great relief. Use a hot-water bottle, a bag of hot salt, or, if either of these are not at hand, a mustard plaster. During convalescence after severe attacks of dysentery the abdomen should be protected by a flannel bandage.

Cholera Infantum. Diarrhoea and Vomiting. This disease is always serious, and, if possible, should receive the prompt attention of a homeopathic physician. Much can be done by careful attention to diet, giving the child plenty of fresh air and sunlight.

Treatment: If the trouble occurs during teething and the stools are greenish, Chamomilla and Magnesia Carb. 3xt should be given in alternation. If the vomiting is almost constant alternate Chamomilla with Ipecac. If the stools are pro-

fuse, watery, yellow or dark brown, and offensive, alternate Bryonia with Podophyllum 3xd. In neglected or advanced cases, where the prostration is extreme, the stools are green, with a death-like odor, alternate Arsenic. alb. and Veratrum alb. If the stools in such cases are light-colored, alternate Aethusa Cym. 3xd with Carbo. Veg.

Directions: A dose should be given after each movement of the bowels.

INTESTINAL COLIC: This affection is characterized by severe griping or twisting pains in the abdominal region, particularly about the navel. The pain is somewhat relieved by pressure, and is caused by either a cold or the passage of some irritating food through the bowels. It may also occur as a symptom in the course of different diseases.

If due to a sudden cold, a few doses of Aconite or Rubini Compound Camphor Pills will afford prompt relief. If caused by some error in diet, Nux Vomica and Colocynth should be given alternately every half hour.

PIN WORMS: Also called thread and seat worms, are very slender and less than an inch long. They occur chiefly in children and are generally found in the lower part of the large

bowel, near the rectal orifice. In females the worms sometimes work their way into the urethra and vagina. The chief symptom is the intolerable itching within and about the anus, the general health is affected much the same as is described under Round and Stomach Worms.

Treatment: Prepare a small quantity of starch as it is ordinarily used in starching clothes, only a trifle thinner, to 4 tablespoonfuls of this add 20 drops of spirits of turpentine, mix it thoroughly and inject into the rectum, a second application would not be required if the eggs could be killed by such treatment. It must be repeated, therefore, at intervals of two or three days until all of the eggs have been hatched and the worms expelled.

At least once every day the rectum should be well greased with lard, being careful to apply it thoroughly in all the small folds near the opening of the rectum, both inside and outside, and as far into the bowel as the finger will reach. This will prevent the propagation of the worms.

The size of a pea of Santonine rx in powder form (or two tablets mashed into powder) mixed with the lard will increase its efficacy. A dose of Mercurius viv. should be given in the morning

and one of Silicea at night for one month to remove the predisposition to worms.

Observe directions for diet under Round Worms.

ROUND OR STOMACH WORMS: usually affect children and are generally found in the small intestines, though they sometimes work up into the stomach or downward into the large bowel and are passed in the stools. The worms are from four to twelve inches long.

Their presence in the body causes symptoms to arise which often lead parents to think that the child does not digest and assimilate its food properly. The food is usually digested all right; but the system does not get an opportunity to assimilate it, the products of digestion are what the worms live upon, they therefore rob the body of a portion of the nutriment designed for it.

Aside from their actual presence in the stools, the best indications for the existence of worms are: rubbing and picking at the nose, grinding the teeth, restless slumber, starts and cries out during sleep, bloating of the belly. Aside from these symptoms we naturally find those that result directly from the loss of the food material that is absorbed by the worms. The child gets

thin, with a sallow or very pale complexion, dark rings under the eyes, a variable or capricious appetite, fetid breath, the stools contain much slimy mucus; sometimes a cough develops.

Treatment: Santonine ix is the best remedy to give. A dose before meals and on retiring for two days, followed by a dose of Castor Oil, which expels the worms whole. It can safely be asserted that no worms are present if none are passed after the oil is given. Continue this treatment until no more worms are passed. Santonine ix should always be given as follows: Under two years, half the size of a pea of the powder or one tablet per dose. Under four years, the size of a pea of the powder or two tablets; for those over four years, the last dose may be doubled.

Diet: A healthy, stimulating, nutritious diet of soups, well cooked beef, fish, fowl, eggs, ripe fruit, and fresh vegetables is necessary for a rapid recovery. Such things as pastry, sweet cakes, candy, pies, etc., should not be allowed.

AFFECTIONS OF THE STOMACH.

ACUTE DYSPEPSIA: Gastritis:—This is an acute inflammation of the mucous coating of the stomach. The attack is very painful, though

usually transient, and is caused by some particular act of indiscretion in eating. There is first a feeling of oppression in the region of the stomach with nausea, then a decided pain, or dull, heavy ache, with tenderness over the stomach.

In bad cases the pain is very severe, and as the food leaves the stomach it is followed by agonizing, cutting pains in the bowels. Constipation is the rule, with dull heavy headache, and heavily coated tongue. The attack usually terminates in a slight diarrhoea.

Treatment: Much suffering may be saved by causing the patient to vomit freely. Then give Arsenic alb. a dose every hour. Hot, dry applications will help to relieve the pain. No food should be given until the attack is over.

DYSPEPSIA OR INDIGESTION: Impaired action of the digestive function is usually referred to as either Atonic, Nervous, or Catarrhal Dyspepsia.

Atonic Dyspepsia: This is true functional weakness of the digestive process. The causes are hereditary, attacks of severe or prolonged sickness, haste in eating, and the occasional or persistent eating of an improper quantity or kind of food.

Treatment: Nux Vomica and Hydrastis are

the chief remedies for habitual or persistent weak stomach. Occasionally, however, other remedies must be used. For sudden attacks of indigestion, due to overloading the stomach with heavy food, Antimon crud. is indicated ; if caused by fat meat, cakes, pies and rich pastry generally, Pulsatilla is the remedy ; but if the attack was due to ice cream, fruits or acid things, give Arsenic alb. If caused by abuse of alcoholic stimulants, Nux Vomica 2x and Carbo veg. 2x should be used.

For continued attacks of indigestion, with bloating and excessive eructations of gas followed by relief, give Carbo veg. If there is a metallic taste in the mouth, craving for acids and delicacies, aversion to solid food, even simplest food disagrees, give Hepar sulph. and Merc. viv.

If illness be the cause, convalescence from severe, exhaustive or prolonged sickness, loss of blood or vital fluids, China and Hydrastis are the curative remedies.

Nervous Dyspepsia may be recognized by the accompanying derangements of the nervous system. The heart palpitates excessively at times, especially at night ; bad dreams, sleeplessness, frequent dull, heavy headaches, a severe pain in the stomach, which generally occurs when the stomach is empty and is relieved by eating.

This form of dyspepsia is common among business or professional men of sedentary habits, or those subject to excessive mental strain. It also is a common result of the abuse of tobacco, tea or coffee.

Treatment: Nux Vomica and Bryonia given alternately rarely fail to cure this form of dyspepsia. Arsenic alb., however, is sometimes indicated by a burning distress in the stomach relieved by hot drinks. Also, Kali Phos. 3x, when hunger occurs immediately after a meal, and the patient is weak and exhausted and there is much nervous depression.

Catarrhal Dyspepsia, Catarrh of the Stomach: This is the chronic form of dyspepsia, and may be distinguished from the others by the acid mucus or phlegm that is vomited, usually in the morning. The mucous membrane or coating of the stomach is inflamed and exudes a thick tenacious mucus. There is a persistent water brash and the eructations are often very acid.

Treatment: Nux Vomica and Arsenic alb. given alternately will cure the majority of cases. If the heart palpitates violently and there is a weak; gone feeling in the region of the stomach, with general systemic weakness, give Hydrastis

and Phosphorus alternately. If the food turns sour soon after eating, the fluid that rises in the mouth is intensely sour, with a constant dull, heavy pain in the stomach, Robinia 3x is indicated. Natrum Phos. 3xt is also recommended for an intensely acid condition of the stomach when there is a creamy or golden yellow coating on the back part of the tongue.

AFFECTIONS OF THE LIVER.

BILIOUSNESS: The above term is commonly used to denote several different conditions. When the attack has not as yet assumed definite shape, one merely feels tired, languid or drowsy; there is loss of appetite and a conviction that one's stools are insufficient; usually there is a dull feeling in the head, bad taste in the mouth and yellow coated tongue.

Treatment: A few doses alternately of Mercurius sol. 2xt and Podophyllin 2xt before meals and on retiring will be sufficient to abort the attack.

Diet should be light and easily digestible, avoid meats and take sufficient outdoor exercise.

No permanent benefit ever results from the use of "Liver Pills" so-called, and they frequently do the patient positive harm.

BILIOUS COLIC, or Gall Stone Colic, is characterized by a very severe pain in the region of the liver, that stops as soon as the gall stone leaves the duct. Give two ounces of pure Olive Oil every three hours until the pain ceases. Nux Vomica and Colocynth should be given alternately, a dose every hour until relieved. Podophyllin 2x will often relieve when Nux Vomica fails.

China is said to prevent the formation of gall stones and to remove the predisposition to this affection. A dose should be taken night and morning for six months or more.

Hot applications to the painful region aid in relieving the severe pain.

BILIOUS FEVER: Remittent and low grade fevers generally, where the temperature never rises very high but the fever is persistent, with a bad taste in the mouth, headache, dark, heavily coated tongue, foul breath, with derangement of the stomach and bowels. Such fevers are, as a rule, readily cured by giving Gelsemium and Baptisia 1x alternately, a dose every two hours. Put ten drops of each in separate glasses of water and give teaspoonful doses. If no improvement takes place in two days, and the bowels are loose, give

Podophyllum 3rd and Mercurius viv. alternately, a dose every two hours. Arsenic alb. and Bryonia are also excellent remedies for this class of fevers.

When there are severe bone pains and the back feels as if broken, or there is a bruised, sore feeling over the entire body, give Eupatorium perf. with Baptisia as above, instead of Gelsemium.

AFFECTIONS OF THE SKIN.

ABSCCESS: An abscess is the collection of pus in a cavity. It is usually an evidence of debility, caused by an impoverished condition of the blood, though it may result from an injury or be caused by an inherited scrofulous predisposition to abscesses. In such cases they usually appear on the side of the neck, below the ears and under the jaw bone. When the abscess begins to form, the part is more or less swollen, is of a bright or deep red color, with a stinging, burning or throbbing pain. Pus or "matter" soon begins to form in the center of the swelling, the pus sac enlarges until it reaches the surface, when the abscess is said to "break."

Abscesses on or near the surface yield readily to treatment and need occasion no alarm; but

when they occur in the deep cavities of the body they demand skillful attention, as there is always danger of blood poisoning, through the absorption of the pus by the system.

Treatment: Belladonna should be given at first. It is indicated when the swelling is bright red, with stinging or throbbing pains. If pus is about to form give Hepar sulph., which will hasten the development. If the abscess is about the neck, give Belladonna and Mercurius protoid 2x in alternation. If there are severe burning pains with exhaustion and a tendency to gangrene, the abscess discharging bloody pus, give Arsenic alb.

If the abscess has broken and refuses to heal promptly, give Silicea. Where there is reason to suspect a scrofulous constitution and the abscesses occur frequently, give Hepar sulph. and Sulphur alternately, and when better give Sulphur for several weeks, a dose night and morning.

Dose: As a rule, the remedy chosen should be given every hour or two until the abscess stops "running," then a dose should be given before meals and on retiring, for several weeks.

Diet: A strengthening diet is very necessary; no pork, fatty or salted meats; plain, nutritious food only.

Applications: Hot applications relieve the pain and hasten the discharge. Hot water on cloths or

in a rubber bag; linseed, bread-and-milk or other good hot poultice can be used with great benefit. It is often advisable to open the abscess when it is matured; use a sharp-pointed knife and select for the opening the lowest point, as then the abscess will drain itself freely.

BOILS: A boil is a small, hard tumor under the skin, which after a certain time "comes to a head," becomes soft and discharges pus, mixed with blood. Boils are caused by impurities in the blood, which become lodged at points near the surface and set up an inflammation and eventually suppuration. The predisposition to boils is always an indication of either kidney or liver trouble, or both. Usually they run a very mild course, though occasionally they are quite large and very painful.

Treatment: A few drops of strong tincture of Arnica applied night and morning will often check them at once, if it is used soon enough. Belladonna should be given before the pus forms, then use Hepar sulph. If, however, the glands in the neck, under the arms and in the groins become inflamed and sore, use Belladonna and Mercurius protoiod. 2xt. alternately. Arnica is indicated whenever there is a disposition to many small, very sore and painful boils. Sulphur should be given if the boils return frequently.

Dose: A dose should be given every two hours until better, then twice daily for several weeks.

Diet and poultices should be the same as under abscess. Boils should be cut when fully matured, the cut being made just deep enough to allow the pus to escape. Don't cut into a boil and then try to press it out before it is fully developed; you cannot force the core out, but you will make it more painful to endure.

CARBUNCLES: This is a malignant tumor that bears considerable resemblance to a boil, but is in reality of a very different nature. It is an evidence of general systemic debility and rarely occurs in people under 35 years of age. Very large, deep carbuncles threaten blood poisoning through absorption of the pus into the circulation, and when they occur on the back of the neck, near the spine or on the scalp, are not only serious but really dangerous.

A carbuncle inflames a much larger surface than does a boil, nor does it ripen to a single head, but becomes flattened on the top, and when mature, develops three to seven or more openings that discharge a thin pus.

Treatment: Apply a few drops of strong tincture of Arnica to the carbuncle three times daily, and take a dose of Hepar Sulphur every two hours. If this is done on the first appearance of the swelling, it usually checks further development. Otherwise, give Belladonna and Hepar Sulphur, alternately, until the sore begins to discharge freely, then give Hepar Sulphur and Sili-

cea. If the carbuncle threatens to become gangrenous, has a dark, bluish appearance, or blood-poisoning sets in, with profound weakness and threatened collapse, give Carbo veg. and Lachesis, alternately. When the symptoms are worse at night, the patient is very weak, restless and thirsty, the sore burns intensely, Arsenic alb. is indicated.

Directions: A dose every one to three hours, according to circumstances.

Diet is the same as in abscess.

Local Treatment: The best method for home treatment is to poultice the carbuncle until openings appear (soap and sugar is best for this purpose). It should then be cut with a sharp knife so as to join the various openings. Whether it be cut or not, on the appearance of a discharge, it is best to fill the sore with Halsey's Surgical Dressing and cover with a soft cloth. This prevents gangrene, purifies the discharges and stimulates the growth of healthy tissue. Renew the dressing every day. The aqueous extract of Calendula (one tablespoonful to a cup of water) applied hot and covered so as to keep the sore warm, is also a valuable dressing. Avoid cerates, salves and poultices at this stage. The discharge must be checked and the carbuncle healed. But if gangrene threatens, a charcoal poultice should be applied until it looks healthy, then treat as above.

FEVERS OF INFANTS AND CHILDREN: During infancy and early childhood simple feverish conditions are very apt to arise. In such cases it will be noticed that the child's head is hot, its face flushed and eyes unusually bright. In the vast majority of cases such fevers are transient and need occasion no alarm. Very frequently they result from over excitement, some temporary unbalance in the general health, too much exercise, hot weather, improper food, or slight exposure. It is best to remember, however, that with such children even slight fevers are important, as their power of resistance is weak; also, that a feverish condition is usually the first sign of disease.

Treatment: One or two doses of aconite, as a rule, will be the only remedy required. It is indicated by a dry, hot skin, and quick, full, hard pulse, with restlessness and thirst. Belladonna is indicated when the skin, though hot, is moist, particularly the head; the face is red, and the arteries of the neck throb heavily; the pupil of the eye is dilated.

Dose: The remedy chosen may be given every half hour if necessary, but once an hour will generally be sufficient.

Infants often perspire very profusely about the head during sleep. Calcareo carb should be given every two hours for several days, unless the perspiration is constant, when Rheum 3xd should be given in the same manner.

MEASLES: Begins with all the symptoms of an ordinary cold. About the fourth day a small red eruption appears in the form of minute pimples, which gradually join and form slightly raised blotches. In four or five days the fever subsides, the eruption declines, and a branlike scurf is thrown off the skin. Measles usually run a very mild course. The bad results occasionally following this affection are generally due to neglect or improper treatment.

Treatment: During the fever Aconite will generally be the only remedy required. As the fever subsides give Pulsatilla, which will prevent any bad effects following measles. If the eruption disappears suddenly or is imperfectly or slowly developed, and there is disorder of the stomach, difficult breathing and severe cough, alternate Bryonia with Ipecac.

Directions: A dose every three or four hours. Fresh colds should be carefully avoided. A temperature of 70 degrees F. is the proper warmth of the room; ventilate well, but avoid drafts. Warm baths will develop tardy eruptions. Darken the room if the eyes are affected.

NEURALGIA: For recent cases due to cold winds, Aconite 2x is generally effective. If the neuralgia returns periodically, the face is pale and shrunken, the pains seem to be caused by red-hot needles, malarial neuralgias, use Arsenic alb. If the pains appear and disappear quickly, use Bel-

ladonna. If the left side about the eye is affected, the pains are of a tearing, shooting character, use Spigelia. When associated with menstrual disorders, use Belladonna and Cimicifuga.

Directions: A dose every half hour until relieved, then once every two or three hours. Hot applications usually relieve; a hot water bottle is best.

NOSE-BLEED: For ordinary congestions of blood to the head and a flow of bright red blood, Aconite and Belladonna are the best remedies. If caused by general debility, after protracted or exhausting diseases, or if the nose bleeds easily and often, China and Phosphorus are indicated. Hamamelis and Secale are also indicated in such cases. If caused by an injury, Arnica is the remedy.

AFFECTIONS OF THE EYE AND EAR.

EAR-ACHE: Belladonna and Mercurius viv. alternated are generally sufficient to remove this difficulty. But if suppuration threatens, Hepar sulph. and Mercurius viv. should be used.

A few drops of Mullein Oil placed in the ear is said to be a specific for ear-ache. It is also very good for the gradual approach of deafness in the aged.

If caused by exposure to cold wind and the ear is hot, swollen and red, Aconite is indicated. If it results from measles, Pulsatilla is the remedy.

Belladonna and Chamomilla are useful remedies for the ear-ache of children.

Directions: A dose every half hour until relieved, then every two or three hours. A teaspoon quarter full of sweet oil, with one drop of Laudanum, warmed and put in the ear, will generally stop the pain at once. If not this will: Put five drops of chloroform on some cotton, place it in the bowl of a pipe, insert the mouth-piece in the ear and gently blow the vapor in the ear. Warm poultices are necessary if an abscess forms.

A large amount of hard wax will often be found in the ear, the product of an inflammation, from a previous cold in the head. This is a frequent cause of ear-ache and should be removed. Sweet oil will soften it and in a day or two it may be carefully picked out or syringed out with warm water.

DISCHARGES FROM THE EAR: This affection is very often very persistent, even when one is under the care of a skillful specialist. Especially is this true with scrofulous children. The disagreeable possibility of partial or total deafness should lead one to seek the best medical advice.

A cold in the head that produces an abscess in the ear requires Hepar sulph. and Merc. viv. (see ear-ache). Such discharges, as a rule, soon disappear. If, however, the ear continues to discharge a thick yellowish fluid that does not make

the outer ear sore ; and especially if the discharge follows measles or scarlet fever, give Pulsatilla and Merc. viv.

If the parts are red, the pain comes in paroxysms, the discharge makes the outer ear sore and there are occasional hemorrhages, give Ferrum Phos. 3xt. If there is partial deafness, with snapping noises in the ear, the whole inner ear seems inflamed and ulcerated, Kali Mur. 3xt is indicated. Silicea is also a valuable remedy in such cases. If the discharge is very offensive, the odor resembles that of rotten meat, Psorinum 30xd should be given.

Directions: A dose should be given before meals and on retiring. The ear must be cleaned with some antiseptic powder or solution at least once a day.

Never inject fluids forcibly into the ear. Cotton should always be worn in the ear while the discharge continues.

FOREIGN BODIES IN THE EAR. Insects may be very readily removed by putting olive oil in the ear and taking the intruder out with tweezers or a hair pin held firmly and used as a tweezer. If the object is a hard substance, it can often be quickly removed by slightly bending the round end of a hairpin and inserting it over and beyond the object and pulling or rolling it out. If this is unsuccessful the ends of the hairpin may be bent sharply inward, so that they can be inserted on

either side and back of the object and enable you to pull it out.

Great care should be used to avoid injuring the drum of the ear. If unsuccessful after a few trials, remember that the sooner you send for a surgeon, the less swelling there will be to prevent him extracting the object. A dose of Aconite every half hour will relieve the pain and swelling.

EYE, INFLAMMATION OF. Aconite and Belladonna, alternately, usually relieve and cure this affection. But if the lids are swollen or have red granules under them or at the edges, Argentum nitr., 3xt is the remedy. During severe colds in the head, the eyes are often suffused with an abnormal discharge from the tear glands. Euphrasia 3x is then indicated. If there are bag-like swellings under the eyes, use Apis. If these are above the upper lids, use Kali carb. 3xt. If the discharge has assumed the chronic form, Mercurius viv. and Sulphur are efficient remedies. Venereal ophthalmia constantly demands the best medical attention.

For the sore eyes of infants, Aconite and Chamomilla are generally sufficient, but for scrofulous sore eyes, Mercurius viv. and Sulphur are necessary. Calc. carb. and Graphites are also valuable remedies.

Directions: In acute cases, a dose every hour; in chronic forms, every two or three hours. Avoid the light, bathe the eyes and lids with warm

water only. But in slight, acute cases, alternate applications of hot and cold water to the closed lids are very beneficial.

FOREIGN BODIES IN THE EYE. If something has blown into the eye, don't rub the lids, as it inflames the eye and lessens the chances of finding the intruder, which may become imbedded in the lid or eyeball. The tears which accumulate will often enable one to gently work the object toward the inner corner of the eye. If not, catch the upper lashes firmly and carry the lid outwards and downwards as far as possible over the lower lashes, roll the ball down, press on the lid gently, roll the ball up and then allow the lid to slide back over the ball.

A few trials are usually successful. If not, the object has evidently become fixed either on the ball or the lid. The lid can easily be turned inside out and it will remain so, exposing the lid and ball to inspection, by bending, not rolling, the lid over a hairpin, toothpick, or other slender object. If the substance be found on the lid, it is generally easily removed, and, if necessary, considerable unskillful force may be used, but if the object has become so firmly fixed upon the eyeball, that gentle pressure will not remove it, the services of a physician or surgeon should be had as soon as possible.

Sweet oil will neutralize the action of acids and caustics as ammonia, soda or lime; but cream or

sour milk is said to be the best for the last. Both the oil and cream may be used freely. Never apply cold water to the eyeballs, it should always be warm. But when the eyes are tired and irritable from overwork, bathing the lids in cold water is very beneficial; alternate hot and cold is better.

STYE. This affection may be very quickly checked by the timely use of *Apis mel.* and *Staphysagria*, a dose every two or three hours in alternation. If the lower lid is affected give *Rhus-Tox.*

POISONING.

When poison has been taken into the stomach, the main object should be, 1st: To expel it as quickly as possible, by inducing the patient to vomit; 2nd: To neutralize its effects by appropriate antidotes. To excite vomiting give copious draughts of warm water and tickle the fauces with a feather or the finger; placing a little salt, snuff, or mustard upon the tongue, is very efficient. Best emetic is 24 grains of the Sulphate of Zinc, given in a little water.

Poisoning by Acids. Give warm soap-suds, magnesia in water, powdered chalk, wood-ashes, soda, potash, gruel, rice-water.

Poisoning by Alkalies. No vomiting; give dilute vinegar, lemonade, sweet oil.

Poisoning by Antimony. Give a strong decoction of gall-nuts, oak-bark, strong black tea, coffee, mucilaginous drinks.

Poisoning by Arsenic. Induce vomiting; use stomach pump. The proper antidote is peroxide of iron; if this is not at hand, give iron-rust, stirred in sugar-water, white of eggs in water.

After the alarming symptoms have passed off, give Ipecac; if there is slimy diarrhoea or constipation give Nux Vomica. If there is nausea and vomiting with heat or chilliness, give Veratrum Alba.

Poisoning by Corrosive Sublimate. Excite vomiting immediately, give white of eggs beaten up in water, in large quantities; next in importance is sugar-water; starch boiled in water.

Poisoning by Opium. Excite vomiting, use stomach pump; best antidote is strong coffee; until that can be had give vinegar and water. Keep the patient aroused by beating him on the back, dragging him about the room.

Poisoning by Lead. Excite vomiting; give Epsom salts, white of eggs; soap-suds; milk.

NOTE.—The remedies mentioned in this work may be obtained at first-class drug stores having homoeopathic medicines in stock, or may be had direct from Halsey Brothers' Homoeopathic Pharmacy, 65 Washington St., Chicago, who will be pleased to send you a single remedy, or in cases from one dozen up to a full sized family medicine case.

THE END.

EXPLANATORY.

Auricle—Upper opening into the heart.

Auscultation—Detecting disease by sound.

Abdominal—Pertaining to abdomen.

Cervix—Neck of womb.

Cervical Canal—Opening leading from mouth of womb to interior.

Congestion—Result of retarded circulation.

Diagnosis—Distinguishing one disease from another.

Eustachian Valve—One of the valves of the heart.

Fallopian Tubes—Opening connecting the womb and ovaries.

Foetus—Unborn child.

Fecundation—Impregnation.

Fimbriated—Fringed excrescences of broad ligament.

Foramen Ovale—Opening between the auricles of heart before birth.

Fundus—Upper enlarged portion of womb.

Gestation—The period between impregnation and delivery.

Gravid—Impregnated womb.

Insomnia—Sleeplessness.

Mammary Gland—Human breasts.

Menstruation—A discharge of venous blood from the womb.

Os-Uteri—Mouth of womb.

Ovum—Origin of life, egg.

